

JOURNAL 2019

Journal Writing From 2019

By

Christopher Liam Rose

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Journal 2019 - Day 67 -
Christopher Liam Rose
Books

Journal 2019 - Day 1 -

Toray I had work from 14.30 - 22.30 and work was ok. I am starting to read book on how to become a millionaire. I realise money give you power plus you can help more people with money. I need to start investing my money now and letting it grow by compound interests.

I feel good and positive, and I want to make an album called Christopher Rose Inspirational life lessons which would have 5 lessons I learn in my life.

Journal 2019 - Day 2 -

Toray I had work from 14.30 - 22.30. Work has been good and very quiet. I been watching lots of videos on YouTube. I really want to create lots of things that have value and meaning. Toray I will start on my project Christopher Rose Inspirational life sessions. I only want to do 5 Audio message for the projects. I also need to make the Front Cover and design the videos for the projects. I also want to get back into making music so if I get time, I will produce a new beat later today.

I feel tired right now I and want to go home and chill out. Working in mental health take a lot of energy and time out of you. I am still focus on pursing my dreams & desires and I want to have the best possible life for me and my future family.

I also need to go back to the dating scene and see if i can find the right partner for me.

I feel ready to socialise and meet so women. I always love women ever since I was younger and love being in a relationship.

I have realised something very important about myself. I over think and I get very upset when I do. True. I am still passionate about helping other people and giving back.

But - when I see the world yes full of negative, depressed, sad unfulfilled people I wonder really.

Why? - It true not to judge others. but you know what I do, and I am not ashamed of that. Your money, house, cars,

Journal 2019 - Day 3 -
family, kids is what you find so important. Yeah Right.

How bigger I

am!!! How

successful I am!!

What sort of things I got!!

My bank account & money. Everyone is playing the game of materialism. Toray at work I has been productive and helpful.

So, people say to me. O because!!!

In my career I have seen hundreds and even thousands of people miserable and depressed. You think and Am I like that.

Feeling sorry for myself, not able to deal with pressure. I realise the hidden secret. Suffering and pain is the hidden secret.

People are always having find, playing games, misbehaviour and not doing nothing productive or good.

Right now I am writing in my journal why? because it help me.

You can always chase - the house, the car, the income, the things, the stuff. But you will never help others and make your difference.

Toray I help someone that was being emotional and negative o this is going on with me O I am unable to do this.

People are all tell stories about how negative their our True.

They are like negative experiences. This is going on with me, O my lost, O my pain, O my disappointment, O my

challenges.

When will you rise and help other people It true!!!!

I think people are not fulfilled, happy and even joyful. There nothing like that their life.

I feel calmer and more peaceful because I am happy in my life.

Yes - I have achieve
things! Yes - It good
to help others!

But with happiness. joy, fulfilment you have nothing.

You will see people on the train - not reading, not listening,
not helping and not giving.

It not a bad thing but it

the true. Why? - No

pain, No gains

Yes, the secret -

the pain. Yes, the

pains.

People are helping other people of course they are rights.
True!! but what pain have you been through yes.

It feels good to do it.

It very rewarding. There so much positive emotions. All
this and tricky. Before you ask question about me.

Look at yourself and ask what pain I have
been through. Where are the things that I
struggle with in my life.

How can I overcome the difficult
in my life? People don't see.

Your happiness is your house, cars, money, family.

My happiness - is helping other people and the difference I
am making.

I do not like judging other people at all it one of the most disrespectful things.

Even in my faith is says to not judge people. but when you see people, they are negative experiences.

I can use many different words like selfish, unkind, not giving, not helpful, not helpers.

The truth of the matter is negative experiences. These people do nothing to help other people.

They are fly on the wall, and you just keep hit them away all the time. I am now sick of it!!!

Every day - Negative experiences and you wonderful why am I so fulfilled and happy.

My happiness is priceless.

It doesn't come from my money or things or stuff. Really now really who cares about these garbage things.

Who care about your money, houses, cars, income, things, stuff? I am different and you know what I am proud about that.

You and other people don't get it!!! True I am fulfilled, happy, joyful, even when things are hard for me. People do not want to go through pain or challenges.

It true it like bunch of roses all happily group. No, No, No

To be different is a secret, It not your problems, It not your money, It not your things, but this - who do you serve. who do you help. What difference do you make.

It fun to some people yeah.

They chase the toys and flashy stuffs. for some reason their happy. I do not think so.

The material things are nothing.

who care if you got a house, cars,

all money? wants things but I

don't chase it.

True - Helping Other People bring everything.

Journal 2019 - Day 3 -

Toray I am off work, and it feel good to be not working. I have a diabetics check at St Georges hospital today from 15.50. I am now trying to understand the Knowing. I believe knowing is a spiritual thing, but I need to know more about it. I have been on a journey for years now to really understand my life purpose and my true calling. I believe I know what I want to become and be in my life, but I still struggle every day to get there.

Years ago, I watch a video series from Jiddu Krishmuarti & Dr Allan about living life and living differently. I want to watch the videos again to see if it will help me to understand the knowing. I went to the gym today and had a great workout. I love the gym so much.

Journal 2019 - Day 4 -

Toray has been good I had a day off from work. I create a new album called Christopher Rose Inspirational Messages. I have shared the album on social media.

I felt good to complete the project as it was in my mind. My mood has been ok and just been chilling out. I went to the gym and did a late workout.

Journal 2019 - Day 5 -

Toray has been a hard day. I have been at work from 14.30 - 22.30. Toray I helped lots of people I was feeling so happy & joyful. I had a review on my performance from Joao. Joao is a great manager and helped me to see where I need to improve. I need to buy a diary for work so I can be more productive as well as use outlook calendar to schedule my work more effective. I was feeling fulfilled even doe I work very hard today. It still hurt to go through pain but helping other people is good and rewarding.

Helping Other People is so important to me, and I value the people who help other people. I do need to practice kindness and compassion. I feel better now because I am tired and did great work today. I want to sleep and have a better day tomorrow.

Journal 2019 - Day 6 -

Toda has been easier, and I am just tired today. I am at work from 07.30 -

15.30 and work has been good. After work today I am going to go to the west end and buy some shorts. I want some for the gym and some to wear on the streets. It feels great to help other people but I been at work from 24 hours which is a long time. When I go home, I am going to make some videos and do some reading. I want to create more audio albums and spread positive messages. I realise now - happiness, joy is wanted I really want.

I am still worried about my change of state. When sometimes I am fine and other day I am angry. The pattern normally happens in the evening time and I need to do things to calm me down. I want to stop this pattern but don't know how to do it. When I am busy my mind doesn't think about the negative things.

How can I break this
pattern? Listening to
calm peaceful music
Drinking cup of hot tea
Keeping myself busy &
active Having a hot bath
& shower Going to the
gym and working out
Writing in my Journal

Journal 2019 - Day 7 -

Talking to myself positive

affirmations Talk to someone!

I want to get to a point in my life where the angry motive me to become more joyful and happy and by using some of these tools, techniques I would be able to overcome this one and for all. I think I am a good person who is kind, caring, compassion, thoughtful, mindful towards others. I just think sometime my mind focus on the negative things and not all the positive things.

I do need to become more sociable and start hanging out with my friends. My dreams and desires are so important to me, and I have realised I need more money to get to my dreams & desires. I am thinking about getting a second job to earn more money so I can invest into myself.

If I earn more money, I can use the money to grow my business and make sure I can really look after myself.

Journal 2019 - Day 7 -

Today has been a good day I have Annual Leave (Day off) from work. Today I went to the gym and did a workout. The gym was very good, and I enjoyed myself. After the Gym I watched "Prison Break" on Netflix. This show is very good and enjoyed the entertainment. I started to type up my book "The 15 Successful Habits" It is going well.

Journal 2019 - Day 8 -

Toray I have another day of Annual Leave (Day Off). I had a coaching session with Raj at 10.00. We spoke about becoming a Youtuber Influencer. The coaching session went well. Now I am about to go to the gym at 14.48 and do a workout. When I finished with the gym, I am going to finish typing up my book "The 15 Successful Habits".

Journal 2019 - Day 9 - 09/06/2019

Toray I had a hard day. I went to the gym and when I was in the showers these thoughts start to come. Negative - Thoughts. I was fine for most of the day. but now I am angry, upset, pissed off. I am trying to talk with the Samaritans volunteers are not listening. They hang up and ran away, give up and don't even listen. I realise that how some negative people are.

Helping Other People and giving back is the motivation.

I realise if your honest and real to people they will lol, joke, judge you.

If you stay calm and quiet, they don't know. Helping Other People is more than the career, money, business or things.

You focus on making a difference and that motive you to help more. Many people never help or do nothing to support.

It true they lol, judge but they don't put in no work or labour.

Toray I realise when I talk to Samaritans to be quieter & calmer and don't let them judge me. The materials things are good to people who chase after it.

Disrespectful people are rude to me, but I will not be rude to them. The difference - Helping Other People

Find people like me. people who help. That have gone through problems. I am creative I have many passions. I need to be more creative.

Gary the Samaritans really help me.

I need to creative become happier and fulfilled. I am creative & artist and knowledgeable.

Using my gifts to make bigger difference and help more.

Music is a bigger passion then
I realise. Creativity is
everything.

Pain, give you meaning and value. Sometimes when you go
through pain it hurt and you get emotional put when you
rise from the pain it is an amazing thing.

I need to find ways to be more creative and positive and
stop letting people get to me so much.

Non-Helpers

I hate people who don't help other people it
makes me sick. But that how the world is.

Money hunters - Non-

Helpers Never Serving

It hard for me and challenging but I am serving and helping
others which is very important. I love writing in my journal
because it helps me to process the pain. Some people
forgive. I find it hard too. And then people wonder why I
keep myself alone or even why I help people.

Paul Dorrington & Karen Meechan are my heroes and
I value them. The suffering & the pain is hard.

Helping Other People and

Giving Back Making a
difference

There something I have realise in helping other people
& giving back. Judgement - people judge you when you
serve.

It one of the negative parts of helping other people. Many people don't know fulfilment, joy, happiness. It not because their bad No. It simply because they

don't help other people.

I am struggling but I am doing good work and very proud that I serve people.

Many people are chasing the wrong things. My main observation is - family, money.

It good to have a family of course and money but when your selfish and chasing it - that doesn't make it good. Many people are not being real and honest but that how I feel.

People are like rats or mouse chasing after the objects and material things. It's true.

The more I help I realise it not about money or my career progression or flashy items.

Serving - Giving -

Helping Helping

Other People

The difference in helping other people.

Journal 2019 - Day 10 -

Toray I had a better day. I didn't sleep last night I was up all night talking to Samaritans. I went to the gym to di a quick workout which was good. I realise I need to deal with my angry and find a positive wat to express the pain that I been through. I want to get back into making music and writing songs again. I do love music and it does help me to express myself. I need to focus on looking after myself and making sure I am well and healthy.

Journal 2019 - Day 11 -

Toray I was at work from 07.30 - 15.30. Work was ok and had a good shift. I feel more calmer today and feel a bit tired. I brought some new books on life coaching to help me be a better life coach. I want a Senior position job so I can get more money and management experience.

Journal 2019 - Day 12 -

Toray I had work from 07.30 - 15.30. Work was ok and productive. I brought some more books online just on spirituality & self-confidence. I may invest in a photo director software from Cyberlink to edit my photos.

I want to make better quality videos and photos for my YouTube channel.

I love creating and using my skills to produce content. I brought a diary for work to be more organise at work. Toray I feel ok and had a good day.

Journal 2019 - Day 13 -

Helping Other People and Giving Back. Serving other people and giving. Nothing matters more than helping other people. My manager called me a negative person. This really made me angry. I hate managers. They judge you and bring you down to their level. What a difference I made. I spoke to a wonderful Samaritans named Beth. She told me she been a teacher for 20 years teaching maths. When I heard this, I felt inspire and happy. 20 years of helping other people. These are the people I need to meet. Real givers and people who help other people for years.

Serving others and helping other people is everything to me. The more you serve the more years you help.

I now need to help lots of people in my life and make a bigger contribution. Not for money but to serve.

Journal 2019 - Day 14 -

Today has been a fun, productive day. I went to work away day and played crazy golf. I went to work from 18.00 - 22.30 which was a good shift. I felt tired but happy throughout the day. I spoke to Paul Dorrington about doing more filming & media and getting a job as a employment specialist.

Journal 2019 - Day 15 -

Today while I was on the bus going to work, I lost my diabetics equipment in my bag. This is not good as I need to take my insulin. I will tell work today that I need to finish work early to go home and take my insulin. I have a spare diabetic kit at home which will help me. Today I got work from 14.30 -

22.30. I am more concerns with taking my insulin then going to work but I have too. I called 111 and told them I lost my diabetic's kit. 111 prescribe my insulin and I had to pick it up at Asda (Colindale). Now I have had my evening insulin injection today. I am back at work.

Today I feel good, but I am a bit sad that I lost my diabetes kit. I need to buy some new diabetes kit freestyle optimum blood test strips, 2 small shoulder bags. One for my kit and one for my casual use.

Journal 2019 - Day 16 -

Today has been good so far. I had a day off work. I went to Tesco and got some food shopping and I talked to 2 Jehovah witnesses. 1 named Ben and the other named Gavin. We talk about God and are faith which was good. I went to the gym at 14.15 and did a workout. Gym is always good and help me a lot. I been thinking about my relationship with specific girlfriends and why most of my relationship failed. I believe because I was thinking about myself and not focus time on my ex-partners. I am going to make a video talking about my failed relationships as I feel it could help someone.

Journal 2019 - Day 17 -

Today I have work from 14.30 - 22.30 plus sleeping. I went to PC world and put my laptops for repairs. The laptop was not giving me access to the system. Today I feel good, but I really would prefer to be at home resting. I started to read the book The power of now by Eckhart Tolle. The book is talking about freeing the mind and you are not your thoughts. I need to read more books on spirituality and faith because they will help me understand myself more. Today In the morning I prayed which was good I need to get into the habit of praying every day. I need to spend some time reading the bible and building my relationship with God. Right now, in the bible I am reading John scripture and I learning that Jesus Christ is very inspirational and did a lot of miracles for people. I need to devote more time to God and really honour my relationship to God.

It felt good to read the bible and learn more about my faith. The one thing I want to focus on now is my joy, happiness. I want to feel happy and joyful. There are a few things that make me happy.

Walking in the

Park Being in

Nature

Walking & seeing

different places Having a

bath

Journal 2019 - Day 18 -

Reading a

Book

Learning

It is great to help other people and give back but sometimes you need time for yourself. I realise the time I spend by myself make me happier. Life is here to

be enjoyed and I need to make the most of it. I love videos, audio, music. I want to spend more time creating & giving.

I still have good days and bad days, but I am creative and love creating things.

I want to become great in all my dreams & desires.

I really want to start studying and learning my craft in all the different subjects.

The books I need
to buy. Creative
writing Mentoring
Life

Coaching

Public

Speaking

Christianity

Musicianship

Teaching

Counselling

Social Media

Leadership

Entrepreneu

rship

Business

Finance

Spirituality

Communicati
on

Creativity

Video

Production

Photo

Production

Graphic

Design Self

Help

These are some of the areas I want to learn more about.

I am going to spend more time reading good books because I learn best from reading a book.

Everyday spend at else 30 Minutes in the morning and 30 Minutes at night in reading books that will help me and develop my personality and character. I need to become - More focus on what I really want and desire.

I think I am doing good at the moment, but I can improve and get better. My dreams & desires

Author - I have now written 3 books which are all type up ready to be published.

Mentor - I have already become a mentor as a volunteer and want to do more mentoring.

Life Coach - I have practice life coaching with other coaches who have been coaching on my life coaching diploma.

Motivational Speaker - I have a few talks before, and I really enjoyed sharing my story. But now I want to take it

to the next level. Being on stages, events sharing my story to the world. I am about to start 2 volunteer opportunity as a speaker, 1 in WaterAid, 2 in Faith forum group.

Musician - I have already been a musician in the past make lots of music which I really loved. But now I want to start making lots of music around the

world and performing on stages with my music.

Evangelist- I have already start to be an evangelist and preaching the gospel on the streets. I want to continue to preach and teach people the gospel. Now, I am busy buy I can try and do 1 day a week evangelising on the streets where I live.

Teacher - I want to become a teacher, but I have no experience in this area. I do make videos of me teaching things I know but I want to take it to the next level. Teaching people all around the world in classrooms and on stages.

Counsellor - This is my biggest desire of my career. I have no experience as a counsellor, but I am thinking to start my counselling training once I finished my life coaching diploma.

Now the hard thing that I am dealing with has been busy. Now most of my time is spend at work. Helping Other People. This is good but it means I do not have time to focus on myself or my dreams & desires.

The way to get out of this cycle is to become an entrepreneur and build my own business.

Right now, I am slowly making it happen, but it takes a lot to become an entrepreneur.

In order for me to become an entrepreneur I need to focus on myself and make sure I am well, healthy and able to pursue my dreams & desires.

Working in mental health has really helped me but it not the most important thing. No. I do it basic on my own mental health condition and diabetics but it not everything.

Helping Other People is an international thing. It not limited to just where you work or volunteer. No

The people who have what I want are the one who help millions of people. The struggle is always being at work and not having time for myself. I didn't

want to do this shift today, but I have too. This is the trap.

My life is more important than money.

Yes. I am not rich, but I am not poor. If I don't work everything goes. The home, the books, the holidays, the clothes. I am trap - I need to change this cycle. Some people love their job that is all good but for me I don't. It not the career position that I love. I really don't but helping other people is what I love. I can work anywhere but it not going to make a difference unless I do something.

As far as a career it good it helps people within it but if I am going to keep doing shift like this is not going to do any good for me. I need to become an entrepreneur and hire people. I would get more happiness by paying for someone to work with me, then even me helping other people.

My future depends on how quick I can become an entrepreneur. Not for the money or status but because this is what I want.

I want to become an entrepreneur to produce my own products & services. I watched a powerful interview from my favourite musician from Ryan Leslie talking about if you have 1000 people who give you £100.00 for your music and shows your living better off than most people. Then I realise - The trap. The hours I spend in my job and now I realise for what.

A salary, a bit of experience. No...

No... No. It doesn't matter.

I have now seen the change that I need for myself.

Yes, I do have to work for now but not for forever. True freedom is when you do what you love with your time. Right now, I am not doing what I love with my time. Mental Health (So What). I am going to really start the journey from

today to invest in myself. What money I earn goes into investing into me. The Future - Personal Development. Writing in a journal is so important without my journal I would be lost.

Today I see the trap - 9 -5 work - It is a trap.

You can spend a billion of years working a 9 - 5 Job and get nothing in the process. This is happening to everyone. True leaders & True People work for themselves. There not in 9 - 5 Jobs

There not busy making someone else dream come true. No... No. They work for themselves.

A good example of this is my parents. Mother and Father. They both are still working 9 - 5 jobs. None of these two have their own business. True. They don't.

All their life has been working for someone else and not themselves. Paul Dorrington my hero own his own business and I know he spend more time on his business then career.

This is the point I need to get to.

The question is what I do now. Right firstly I need to work to get my basic need met.

House, Money, Food,

Clothes, Water. This is very important.

So right now, I need to work - There is no other options. If I look at my week I can start planning more effectively and making sure I become what I want to be. Now I work 40 hours or 48 Hours. I get £23,000 for all my work. This is

better than most people get but how do I get more money.

It not working hard because If I do, I will not achieve much.
No... No... No.

It about working smart – being different. My first step is – Find people of Value.

To do this, I need to meet people in events. Public speaking – Motivational Speaking. Life coaching.

People will not come to me. No, it never happens that way I have to find them. The real people who I love to meet are entrepreneur or people who have a long career of helping other people or even spiritual people. 3 types I need to be around.

Entrepreneur / Business Owners

People who had a long career in Helping

Other People Spiritual

People

There one thing I have realise and it start to make a real difference to me.

If I don't socialize and meet the right people. I wouldn't achieve anything. It not about how many people you help. No, it about who supporting and helping you. Yes

It great to help other people and give back. Of course, but when you going through hard time and no one is support you. It really doesn't matter if your helping other people or making a difference. Ryan Leslie my favourite Musician said your life get better with your relationships.

Your relationships – People of Value.

For so long for so many years I just been doing
thing by myself. Helping Other People

Making

Videos

Creating

Music

Creating

Audio

My life change when I build my relationship with Paul Dorrington & Karen Meechan. This is the secret - Relationships.

No money, no house, no cars can replace a trustful worthy relationship it doesn't even compare. The change I need is to find people of value and start building my relationship.

1,2,3,4,5 - Millions of people. That the secret

I didn't know

Relationships

Helping Other People and giving is great but that doesn't come close to the relationship you build with the people you're working with.

I was confused, I was lost, I thought I can do everything alone. That is not going to help me whatsoever. Make time for inspirational people and I will grow higher.

The people who achieve greatness work with others and build teams. To get to the next level I would need a team.

Yes - A team of trustful people.

I cannot find a team by doing nothing or staying at home.

I need to search and find the right people. My life gets better with people I trust around me. It all makes sense.

Family, Friends, Colleagues, Church,

Community, Volunteers. Your life gets better with relationships.

If I search for people will build millions of great relationships which equal more than money or things. People of value and work with them.

The team to impact millions is still with me but the relationships I build is now more important to me personally.

More friends

More

partners

More

Girlfriends It

can happen

true.

You need to help other people.

Relationships in your life will make you rich. Entrepreneurs

Journal 2019 - Day 18 - 18/06/2019

I had a great idea to make a Musical Album called "My Life Is Like a Story". All the tracks will be personally reflected on who I am. I always loved music and creating songs and I want to make an album that really is personally. I know this will be the best musical album I have done, and I will make sure the music is perfect.

I also want to go to more events and socialize with successful people. In order to do this, I need to check Meet Up everyday day and go to some events. Yesterday was a hard day but I work productive and got through the shift.

The lessons I learn yesterday has
really grown me. Building my
relationship

Stop doing 9 - 5 Jobs.

Become an
entrepreneur/business owner.

Spend time on personal
development.

Do what I love to do.

Work is rewarding to me but my relationship is special to me.

I now need to change from helping other people to building new relationship in my life.

This means friends, family, colleagues, volunteers,
Christians, girlfriends.

When I do have my low days, I always need to write in my
journal and process what I am going through.

I am at work from 07.30 - 15.30. Today has been much better and I feel calmer.

The money I earn need to be reinvested back into myself and businesses. What type of businesses do I want?

Coaching

Business

Counselling

Business Mental

Health Charity

Online Business

Music Business

What I need to start doing is planning and taking actions towards these different business ideas

I need to remember I need self-love, self-kindness, self-respect, self-compassion.

You need to look after yourself first before you help other people. So sometimes I am hard on myself, and I treat myself very badly.

I need to always treat myself with kindness and make sure I am in a positive state.

I have just finished work and I feel tired and dirty due to sleeping in at work. I am now focus on my dreams & desires and want to make sure I fulfil.

My dreams &

desires Author

Mentor

Life

Coach

Motivational

Speaker

Musician

Evangelis

t Teacher

Counsello

r

Millionair

e

Entrepren

eur

My biggest desire is to be a world known Motivational Speaker and really help and inspire others.

I can see myself talking on events & stages teachings, helping other people, doing personal development, success, prosperity, happiness.

There are ways to really become a great speaker. Work as a Speaker

Volunteer as a

Speaker Train as

a Speaker

Watch videos of Motivational

Speakers Read books on

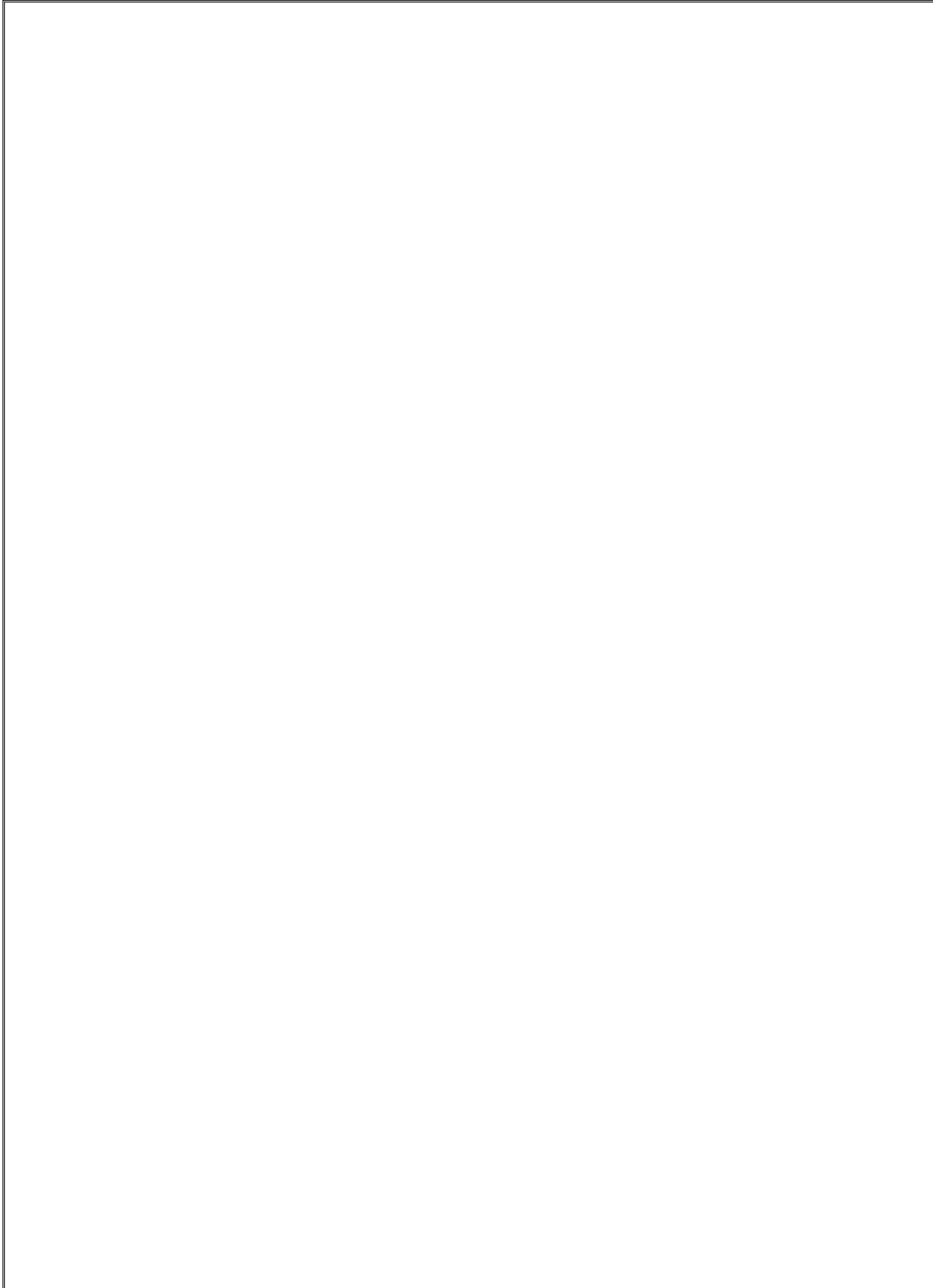
Speaking.

The difference and impact I want to make is a

massive one. I want millions & billions of people to know my name.

I realise I need to focus on my own personal development and make sure I have all the knowledge and skills to make me be successful.

Helping other people is everything to me and I want to change the world with my gifts and talents.



Journal 2019 - Day 19 - 19/06/2019

Today I feel tired I have been at work from 07.30 - 15.30. Work was hard and tiring. I came home cook some food Chicken, Rice, Vegetable. I am worried about my assessment tomorrow and I want to make sure I do well.

I still want to help other people and become an entrepreneur but it is difficult. I am struggled to deal with loss. I feel tired and angry.

People who don't help others.

They never help others it crazy. So many people chase after house, car, money, staff.

They are never helping other people
or giving. My house, my car, my
money

The flashy things

Negative people

Chasing after things - Chasing after things

I am talk to a Samaritans today and she said something
that hurt me Where my relationships who are in my life

Ella - Samaritans

Helping other people and
giving back Helping other
people and giving back

Helping other people - Non
helpers

I hate non
helpers. Non
helpers

Non

helpers

Non

helpers

Helping Other People and

giving back Helping other

people and the difference

Helping other people and

giving back The difference

Nothing matters more than helping other
people and your personal relationships.

Helping other people and

giving back Helping other

people and giving back

Helping other people and

giving back Helping other

people and giving back The

difference

Helping other people and

giving back Helping other

people and giving back

Never be like Non-Helpers

Journal 2019 - Day 20 -

Today has been good I had work from 07.30 – 15.30.

Today I had my first practical assessment with the coaching academy. I did do well but I need to practice on goal/reality questions.

I feel tired and a bit down just because I had a really hard day at work. I still want to help other people and make a difference in the world.

Journal 2019 - Day 21 -

Today I went to work I had a shift from 07.30 – 15.30. Work was ok it was a quiet shift. I came home and listen to lots of music. I listened to Ryan Leslie, Sade, Reckyz Rose (Myself), Jazz Music.

I am really falling in love with music again and I want my own creative studio to create music, videos, photos, audios.

My feeling was ok but sometimes my thoughts were thinking about negative things.

Journal 2019 - Day 22 -

Today is my day off from work. I went to the gym at 13.00 and did a workout. Gym has always been something I love to do. Now I am at home listening to more music. I feel ok today, but I realise my thoughts really change in the afternoon. I start to become more deeper in thought about the negative things. I need to find a way to deal with my negative thoughts.

Journal 2019 - Day 23 -

Today I was feeling good in the morning but now in the afternoon I am angry. I am fed up with the lame, negative, money hunters' people. They are selfish and do not help others. Very true. The money is people motivation and happiness. Bigger income and more houses, cars, kids, more stuff.

Today I have seen a dream come true. Yes, a dream - To Be a speaker. This fulfilment is priceless.

There is nothing that can compare to dreams & desires. Nothing - Nothing - Nothing

No House, No Money, No Cars, No Stuffs When people don't understand you - This is Joy

They like you to open and share. True but don't do it for their satisfaction. I am calling the Samaritans now and they don't get it.

When I say I want to talk about volunteering there are like what. No Way They don't get it.

They believe bigger houses, more money, bigger things, more cars. No... No... No.

It really doesn't matter.

Journal 2019 - Day 24 -

Volunteering is a

secret.

Many people chase after the things, the goods, the money true.

They never made a difference in volunteering for me more than 3 - 4 volunteering positions.

You may think wow amazing, good work but what about you lame!!! Non helpers, non-Givers are the disrespect to me – Yes!!!

Non helpers, non-Givers they just chase, chase, chase after these things. It is crazy and they have never served any people.

The
difference

The
difference

The
difference

The
difference

Helping Other
People The
difference

The fulfilment is a secret.

You don't get fulfilments do not serve people.

You get fulfilment from serving others and helping other people. Many people say my houses, my kids, my cars, my stuffs.

They don't serve or help others. It true These people are flashy lames.

Chasing after objects

Volunteering that really
matters.

Paul Dorrington, Karen Meechan who helped me - Thank
You to them. Non helpers - I hate them I judge non
helpers.

Lame people non
helpers Non helpers

- Non givers

I hate non helpers, non-givers they don't help other people

Helpers are the giving type of people.

Be a giver and help other people is so important. Helping other people and giving back.

Nothing matters more than helping other people. Helping other people and giving back.

Making a difference

Helping - giving -
serving

The only question for me now is - where your difference is.

I don't mind sharing or talking to people why? They need to learn, grow, develop, achieve. Many people cannot achieve why? They don't know how too.

That's where I come in and
teach them!!! True - Sharing &

Teaching

People like it when everything is good, happy, joyful but they would not make a difference to people live. True

Why? They don't know so many people chase after money it true. The Money show nothing.

It not the bank account or your houses but your difference and your contributions. Yes - dreams come true to people who serve.

I will never be a manager or chase after money. I will never chase after objects!!!

I will never chase after money.

People will always chase things it true but where
do you help. When are you serving?

When are you
helping? Where
do you give?
What is your
difference? What is
your difference?

Helping other people and making a
difference I am upset with these
lames!!

Negative peoples – Non helpers

This is the real challenges people who don't serve or help
other people.

My problems beginning when I started to suffer with
mental health for years, I felt depressed, unfulfilled,
unhappy. When I met Paul Dorrington and Karen Meechan
who help me my life change. Everything they shown me I
do and now I see my dreams. It crazy to think I was in
hospital, broke, depressed, unhappy. Be different and
serve.

The best video I have made is to be different.

Helping other people is bigger than I imagine. There is a
world of people that need help and I need to serve. To
serve and support people is everything. I don't do this work
for money; I do this work to serve and help other people.

I believe that money comes when you serve and help other
people. I remember when I was homeless, I had no money,
no home, I was broke and unfulfilled.

Serving and helping Is so important. Many people need help, and we need to help them.

It not about chasing the things. The hard thing is non helpers. There are so many non-helpers. Non givers

Non helpers are nothing.

These people have never ever given back.

Journal 2019 - Day 24 -

Today has been a better day I have been at work from 07.30 - 15.30. I really want to start reading the books unshakable from Tony Robbins as I feel there some things I could learn. I still have a passion for helping other people and giving back. When I got home today, I am going to see where I am on my course. I need to speed up the process and finish the modules quicker. The money I earn now is for my future business, family, and entrepreneurship.

Journal 2019 - Day ²⁵ -

Today I have just been putting software on my laptop because I have a new hard drive my laptop. I have work today from 14.30 - 22.30 plus sleeping. I feel ok but I really want to make videos. It just downloading the software which is taking some time.

Journal 2019 - Day 26 -

Today I have been at work from 07.30 - 15.30. Work has been busy I did a lot of productive things today. I feel tired and I want to go home. When I go home today, I am going to fix my laptop and download the software I need. I love helping other people and giving back but work can be too much sometimes. I will make more videos too about relationships.

Journal 2019 - Day 27 -

Today I had a day off work which is great. I went to the gym at 13.00 and did a workout. After the gym I wanted to start working on new music album called "Aspirational".

This album is going to show hope through music. This will be a musical production, but I have also added live piano to some of the tracks. It feels good making music and creating. Now I am outside my flat in the garden area about to read some books and just relax in the sun. The weather is nice today. Really sunshine and hot.

Been a hard day today and I made one of my best videos called stop playing games - do something to help other people. I called Samaritans and they don't get it.

Unfulfilled people - Yes -

Unfulfilled That the real
secret

No Fulfilment is a shock.

Unfulfillment is the
biggest shock.

Everyone is unfulfilled but not me!!! True

Journal 2019 - Day 28 -

Today has been a better day I went to Starbucks to chill out and sort out my YouTube channel. Today I been making music and videos which really give m Joy and Happiness. I need to make more videos and music every day. Today I have really enjoyed the weather it hot and sunny.

I am passionate about helping other people and want my life to have meaning and value.

Helping other people and making a difference

Journal 2019 - Day 29 -

Today I have been at work from 07.30 - 15.30. Work has been good it been busy but really putting in the good work. I started to read a new book called "Entrepreneur Revolution" which talks about being a entrepreneur and owning your own business. I want to become a entrepreneur and own a business.

I have always loved the idea of working for myself and living life on my terms.

Right now, I am still employed but I do not see the future of staying employed I want to be self-employed and own a businesses.

The business I want

to own. Life Coaching

Business Music

Business

Online Business

Mental Health

Charity

Motivational Speaking

Business Evangelism

Ministries

I need to find the right people to make this happen. But I aim high, and I want all these businesses

Journal 2019 - Day 30 -

Today has been good I have been at work from 14.30 - 22.30 plus I must do sleep in today. I thought of some ideas to create products & services for my businesses and use social media to get more clients. I been feeling good today and now I am tired just want to sleep and rest.

Journal 2019 - Day 31 -

Today my mind has been thinking about what life I want to live and what would make me the happiest. I am at work from 07.30 - 15.30 I really want to go home I been at work for 24 hours which is too long. My dream life would be to travel to different countries, do life coaching to people to achieve their dreams and desires. I would also be giving talks on different stages teaching people about personal development and the things I have learnt.

I am fed up with working 9 - 5 jobs because it get boring and there no variety. I need to challenge myself and do things that will make me grow has a person.

Mental health is a great place to work in, but it gets too much sometimes. I want to do things that change people lives and that help people to get to the next level. I need to think about how I can become an entrepreneur.

The businesses I

want. Life

coaching

business

Motivational Speaking

business Mental health

charity

Music business

Counselling

business Online

Journal 2019 - Day 32 -

Business

Evangelism

Ministries

I need to build connections with people on social media and offline.

Doing this will help me to find clients for my business.

I want more money because I can use it to invest in myself and businesses.

The only way I am going to be financial independent is if I run my own business and take the risks.

I could make more money in 8 hours then I do in my job. But this is the change I need to do for myself.

Working on your business is much better then working in a job why? More personal rewards.

I could use online to create a real business where I have international audience.

What types of products &

services Podcast

Audioboo

ks

eBooks

Book

Courses

Events

Life Coaching Services

I am still hurting and paining but I have found ways to deal with it. Talking

Videos

Rest/Relaxat

ion

Shower/Bat

h

Motivational Speeches

I am tired but I love helping other people and giving back. I am fulfilled now, and this is my motivation.

Helping other people and giving back

Journal 2019 - Day ³² -

Today I went to work from 07.30 - 15.30. Work was ok and I did some productive work. I came home and started to make YouTube Videos and brought Microsoft office on eBay. I feel ok but as I already know some days are harder than others.

Journal 2019 - Day 33 -

Today has been a good day I have been at home because it my day off work. I went to the gym and did a full workout which was good. I have been making YouTube Videos online and I am getting better at Video Editing. I feel ok but I am bit worried about my job. I have a meeting on 08/07/2019 to discuss my employment. I need to look for jobs and apply to new positions.

Journal 2019 - Day 34 -

Today has been a hard day. I went to the gym and started to listen to Ted Talks and Motivational Speakers. They inspire me to help other people more. I been talking to the Samaritans today.

Helping other people and
giving back Helping other
people and giving back

I am fed up of money hunters!!!

Non helpers Do something to help
other people.

Journal 2019 - Day 35 -

Today I have been at work from 14.30 - 22.30. Work has been good, and I have been working with Ossie which always helps. I am now focus on building my own business and become an entrepreneur. I want lots of businesses and I also want to impact lives.

Work these 9 - 5 jobs are not going to make me financially secure. The only way to build true wealth is to run my own business and work 16 hours day to make it work and be successful.

Right now, in my career I am doing good I been working in mental health for 4 - 5 years and had 9 jobs so far.

But to build my future I need to work for myself. I know I could make more money as a professional life coach then in any 9 - 5 jobs. The reason is because I am more passionate about it and plus it my own business.

Until I finish my life coaching diploma, I cannot start my business. The money I earn now is for my life coaching business and living. It better to work hard on your business then in your job.

I watch lots of ted talks talking about entrepreneurship. And I realise that these people have control on what they're giving to the world and the difference they make in people lives. I am now focus on becoming a entrepreneur and hiring people to work with me. I want successful people, volunteers, interns, students, businesspeople all working for me.

Journal 2019 - Day ³⁶ -

Everyone that work for me will be able to process and become what they want to be in their life.

The future – family, friends, kids, businesses, money, homes, cars, motorbike, helping other people.

Journal 2019 - Day 36 - 06/07/2019

Today I have work from 14.30 - 22.30 plus sleeping. While I have been on the trains going to work, I been reading "Entrepreneur Revolution". This book is really good, and I am learning a lot of new things. Being an entrepreneur is going to take more than just hard work and planning. I am going to need the right people to work with me. In the book it states there no such thing as a self-made millionaire. Every successful person had a team of people who work with them. We can look at Steve Jobs (Apple), Richard Branson (Virgin), Bill Gates (Microsoft).

These organisations were built with a team of people who all had a cause. The cause is different for every business, but the workers believe in the vision.

My vision - Helping other people and making the biggest impact on humanity.

I believe if I am going to be successful, I need to work with the right people. Entrepreneurship is more about leadership then money.

Being the leader and helping people achieve dreams & desires. Work has been quite but good because it wasn't busy.

I watched a video by Vanessa Lau on YouTube talking about 4 business you can do while having a YouTube channel. This video helped me to see the different ways on how I can earn money.

The 4 ways are.

Service based

business. Digital

products

Product based business

Advertising/Affiliate

Marketing

I now need to work on building new skills that I can sale online to make some income.

There are a few skills that are important for me. Skills

Video editing

Photo editing

Graphic

Design Music

Production

Song writing

Public

speaking

Creative

writing

Mentoring

Life

coaching

Evangelism

Teaching

Counselling

Communicat
ion

Presentation

n

These are some of the skills I need to learn more than I can sell it online as a product & service.

This will be a great way to gain experience in the things that matter to me and creating income.

I think if I use all my resources and create things of value people would want to buy stuff from me. My best quality is that I am creative, and I love arts and music.

I want to be able to sell my products & services online. I believe online is the new future where people will buy all the products & services over the internet. I can use third party websites to sell my products and services like fiverr, Upwork, gumtree, eBay, amazon.

I need to put some time into developing my skills and knowledge. If I do things, it will really pay off.

How can I make more money?

I can sell books, eBooks, guides. I can work in my careers/jobs.

I can create online courses.

I can monetize my videos on YouTube. I can sell my music.

I can create a podcast and earn money from advertising. These are some ways I can earn money.

I need to focus on attract good customers/clients that want to buy my content.

If I can find 1000 people who paid me £100.00 for most of my online content, then it would equal to £100,000 a year.

This would make me rich and wealthy. Then I could use the

money to invest in my personal development and businesses.

I need to create a tribe/movement of people in a community. I need to find 1000 loyal clients/customers.

How can I find loyal customers?

Ask people I know if they need help with anything. Use social media to find customers.

Network at events, conference and meet new people. Market, Promote, Advertise my products & services.

Use media (TV, Radio, Newspaper) to expose my products & service to people.

These are some ways how I can find the right people to buy my stuff.

I only need 1000 to start off that are willing to give me £100.00 for my products & services.

What are my products & services? Authoring - books, eBooks, guides

Mentoring- Becoming a mentor and providing a service where I would mentor people at a price.

Life coaching - Being a life coach and offering coaching service for people to achieve their dreams & desires.

Motivational Speaking- Speaking to people about life, personal development, and other topics.

Evangelism - Providing a service where Christian can learn to evangelize on the streets for Jesus Christ & God

Music - Creating Music songs or music production for people to enjoy. Teaching - Teach people online/offline in different subjects.

Counselling - Providing a counselling service for people to talk about their problems.

These are some of my products and services I could offer to people. I realise if I master these areas my content (Products & Services) will have real value to people.

The good thing about my products & services it all linked to my dreams & desires. Because it personally to me I have the ultimate passion for it.

Journal 2019 - Day 37 -

Today I have been at work from 07.30 - 15.30. Work has been good I have been working with Sophie which is good. My feeling has been fine just felt tired from working. I still want to create online business. But it will take some time to set it up.

Journal 2019 - Day 38 -

Today I lost my job as a mental health recovery worker. I worked in a company called Look Ahead. I feel like shit and piss off that they fired me due to poor performance.

I learn a lesson today.

Work on your business more than your jobs

I feel so angry that I am in this situation but the truth is when you have a purpose/vision for your life nothing else matters.

No problems – No Adversity will get in your way of your purpose. I need to start-looking for work and getting a new job.

Suffering lead to promotion

What you suffer make the difference
Suffering lead to promotions

The suffering – The Pain – The Hurt – Disappointment
– Is the price. The price is the pain.

Suffer and then help other people.

No Suffering means no helping other people.

People don't suffer that why they don't achieve things. Pay The Price then helps other people.

I am talking to Samaritans today, but they don't get it.

Journal 2019 - Day ³⁹ -

I spoke to will from the Samaritans and he really helped me.

The future - Business, volunteering, motivational speaking, helping other people, the difference.

Family/Kids

Money - Financial Freedom

No real work equal to no dreams, desires being fulfilled. Helping Other People

Journal 2019 - Day 39 -

Today I have felt more better I have been applying to jobs. I applied to a mental health support worker with NHS and outreach worker at St Mungo's. It hard to apply for jobs but I have no choice I need a Job. Now that I got free time I am going to focus on my business and volunteering. I am going to study my life coaching diploma and focus on completing it. Once I finish the course then I can start my business.

Journal 2019 - Day 40 -

Today has been a very productive day. I apply to 2 jobs. I made Christopher Rose inspirational messages 2 share it online. I finished the speaker network training and I have a presentation tomorrow at 15.00 with Nadia. I feel good even doe I lost my job. I went to the gym and did a workout. I like learning online because it quick and easier to understand. I need to do more online courses. I apply to the Samaritans, and I need to do a Volunteer Application.

Journal 2019 - Day 41 -

I have felt so low today due to losing my Job. People have been judging me for helping other people and making a difference. You wonder why so many people are unfulfilled and unhappy. It true - I know why?

They don't serve people
that why!! Negative people

Unfulfilled

people Chasing
after money

They don't help others or contribute to people.

I hate managers I hate them. They look at you like your
shit and dumb. Forget about them they think there so
good as manager.

There

nothing

They are

dumb. I

hate them.

I remember that is not about being a manager that
make the difference. It about serving lots of people
that make the difference.

You don't need to be a manager to serve.

You don't need to be on your high horse to

Journal 2019 - Day ⁴² -

help. No, No, No You just serve people how
you can and make a difference.

It not about money, career progression,
family, houses, cars It about helping other
people and giving back.

To many people just don't help others. There never making a difference Most people don't help.

I believe that it is not about the money, houses, cars, stuffs.

It about the helping, serving, giving to others. The difference is helping lots of people.

Helping other people to contribute to help to serve. To serve and helping other people is the mission.

The mission is very deep and serious. This is the mission of my life.

To help other people & giving back.

Journal 2019 - Day 42 -

Today has been good just been looking for work and chilling at home. I went to the gym and did a workout which was good. Yeah, the focus is to set up my business and work for myself.

Journal 2019 - Day ⁴³ -

Today has been a chilled day. I have been looking for jobs. I went to the gym and did a workout which was good.

Journal 2019 - Day 44 -

Today I feel upset there so many people who don't help others. Today I was with Alex we went to the Car Boot Sale. I saw lots of people buying stuff it was crazy. I try to go to the gym today but I didn't want to work out. Right now, I am focus on my business, dreams, desires. I am thinking about building my own business and hiring people. I hate having to look for jobs, but I know I wouldn't have a job forever.

My purpose - to help other people.

My mission - To help lots of people and make a real difference to people lives.

Why - Because of Paul Dorrington & Karen Meechan who help me.

What does Paul Dorrington and Karen Meechan mean to you - Everything?

What make you upset - People not helping other people, family problems, people judging me for helping other people.

What is the core reason why you help others - To not let people go through what I went through?

I want to help other people so much and make a real contribution but sometimes I get tired, unhappy, pissed off with people who don't help others.

I love helping other people and I value the service I provide it just sometimes I wonder why is not everyone helping others and why is the world mess up. People believe their

Journal 2019 - Day 44 -

money is more important than helping people. It is crazy but true. No one like helping others or making difference to people. I think we are living in a selfish world of money hunters.

Today I have been in bed resting and chilling out and I have been thinking how I can get to the next level of my life. I have lots of dreams & desires and I want to fulfil all of them.

My dreams &
desires Author

Mentor

Life

Coach

Motivational

Speaker

Evangelist

Musician

Teacher

Counsello

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Millionair

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My dreams and desires give me a lot of motivation and happiness, but the question is how can I achieve them.

The first thing I need to do is decide that I am going to work towards them no matter how I feel. I am sometime lazy and don't find the time to push myself.

What has got me down and low recently is losing my job

has a mental health recovery worker. I put a lot of time to this position, and I really wanted the job. For the last few days, I have felt low and down about it. My real feeling towards my manager is why did they fire me when I worked so hard to prove I wanted to be in the job. I realise the mistake I made was I put so much time towards my job that I wasn't looking after myself or working towards my

dreams & desires. Of course, I do work a job in mental health, but the lesson learned is to spend more time on my personal development and business.

I feel like I want to be an entrepreneur and own my own business because this is something I always wanted. My dream is to work for myself doing the things that I love.

Writing books, mentoring people, life coaching people, doing lots of speaking talks, preaching the gospel of Jesus Christ on the streets, creating good music, teaching people, counselling people with problems, earning lots of money.

I believe I can achieve my dreams and desires, but I need a new motivation. Things happen in life that we don't control over.

But we can choose what actions we take every day.

I need to plan my day and become more focused on what I want to achieve. I watched a video on YouTube today from Project Life Mastery about skills.

It was talking about mastering skills that can earn you money. I need to think about what skills do I want to learn.

Communication

skills

Presentation

skills Speaking

skills Video

Editing

Audio

Editing

Photo

Editing

Creative

Writing

These are some of the skills I want to learn.

The main vision on my life is to – help other people. I feel so long as the skills I learn can help other people in some way then it worth it.

The business I want to
set up. Life coaching
business Speaking

Business

Music Business

Online Business

Counselling

Business Mental

health charity

These are the main business I would like to own I am passionate about all of them.

I think the way to get to the next level in my life is to invest in myself. Invest in yourself.

Educate yourself.

Develop your skills, gifts, talents,
abilities. Surround yourself with
positive happy people.

Earn as much money in your jobs as possible to put it in your business.

Journal 2019 - Day 45 - 15/07/2019

I been calling the Samaritans today and I learn something inspiration. I know why there are people in the Samaritans. Yes - Personal Satisfaction of the ego Yes. If the Samaritans was there for the callers, then they will listen to them and help them but No, No, No. They are there for themselves and personal satisfaction. They don't help others.

When I am a Samaritans, I will wholeheartedly help the callers and the people over the phone. Why? Because I am a caller. These Samaritans people are selfish. They look for their own personal satisfaction. They are selfish it true. Yes, all the Samaritans think about themselves. There is personal satisfaction and enjoyment. Helping other people is about serving with all your heart passion purpose and making a difference. So many people are serving for themselves. How they feel.

You need to stop thinking about yourself and think about the people. Helping other people. That is the real message. But not for self for others.

Helping other people is not about you. It about the people you serve. Helping other people wholeheartedly. Helping other people and giving.

Helping other people because my life depends on it. Not for money. Not for houses. But to serve. Helping other people and giving back. There is a few people that need to learn this.

There are so many people who don't know about helping others. It crazy true. They don't serve or help other people. It crazy so shocking. Chasing after houses, cars, money. These people are shocking. They don't help other or give back. It true.

Helping other people is not about yourself. It about helping others. Giving - Serving - Helping

I am always happy to help other people, but I must remember it about helping people and being of service.

Being of service is so important because you need to help others to gain your fulfilment. The true is real fulfilment is about how you serve others and give back to people. What I need to realise is that helping other people is about giving to them and not for myself.

I need to now realise that I just need to serve others and give back. It not about anything else but to serve other people. Sometimes I think about myself

- My work, my house, my cars, my money. This will not make the selfless or help lots of people.

I need to focus on others and not me. Once I focus on the people I serve. I will become more fulfilled. I have realised that it not about me. It about them. I have suffered effort to see this. Getting outside of yourself is the key to the inspiration life.

The inspiration life is a life when you completely serve other people and make a real difference to people. It true that many people don't serve but you cannot change these people or help them. That how they are. They don't help others.

To be different I need to help other people and serve completely all the time.

I feel like it hard and challenging but you know what I can help other people. The real struggle and games that I can going through now is my price.

My price of helping other
people Mental Health
Losing jobs

Losing

people

Seeing

people ill

Diabetes

Suffering, Pains, Hurts

It not what I gone through that make me who I am, It what I have become in my life.

These problems are my rewards. I cannot help people if I don't suffer. I need to suffer to help other people. My suffering is part of my price. Without the suffering I am nothing. Through the suffering I found meaning, purpose, passions, dreams, desires.

Suffering makes you more humble and stronger because you know you been through a lot of hard time. If your problems don't humble you then you haven't grown as a person. Problems make you humbler. But this takes a lots of time. Some people can find peace but it just depends on how much the problems have hurt them. I think if you let your problems help you and motivate you to do something to help others then you're doing good things in the world. I do believe money is very important because it can help you to buy things you need but real value comes from services. I have earned money from providing a service to people. I can earn more money from providing service. Helping other people is a service you provide to people. If you provide a service to people, you will be rewarded.

Is not the money but the help.

Helping other people is a service. The service you provide is what matter. Not money but service. Some people don't provide a service to others. Some people do. What matters are you. Helping other people is more than money, career, possessions.

More money means helping more people. I don't love money. I don't hate money, but I need money. The need for money will help me in business. If I have money, then I can hire people.

I feel business is so important to me. I still need to think about what business I want and desire, but I know it something towards helping other people. If I earn money, then I need to invest it and use it to build my business.

Journal 2019 - Day 46 -

Today has been good I just been at home looking for work. I went to the gym in the evening to do a workout. I am getting bored of being at home and not having a job, but I need to keep pushing until I get one.

Journal 2019 - Day 47 -

Today I been thinking about my mother and what she has gone through. I love my mum and I don't like that people have hurt her like my father and her ex- partner. I will call my mum today to see how she is doing. I think so many people don't understand how it feel when you hurt someone you love. For me I feel hurt at the moment from losing my job recently and losing my relationship with my ex-partners. It hurt to go through these things, but you need to stay positive and keep on fighting.

One day I hope I have a wife and kids and I would be able to live a happier life. I realise when problems happen in your life the only way to get through is to move on and stay strong. I miss my job and ex partners because they met a lot to me.

Journal 2019 - Day 48 -

Today I realise that I want my own business in life coaching, but I am just feeling low due to losing my job. I need to find some motivation to help me achieve my dreams and desires. Right now, I am looking for a job but my heart want me to start my business. I feel the future is entrepreneurship/business ownership. I feel like I need to spend time in studying life coaching and being a better life coach. I want to master this skill.

Today I have been thinking about a online business and creating things of value to the world.

Online coaching

services

Website/Blog

Books/Audiobooks

Podcast

Videos/Pictures

I believe building a online business would give me financial freedom. The world is becoming more tech and I need to be involved in it.

Journal 2019 - Day 49 -

Today I realise I want a lifestyle business where I earn effort money to take care of my lifestyle. I have been living good on earning £23,000 a year but if I want a good lifestyle where I can buy what I want and go where I like I would need a 6-figure business £120,000.

I don't need millions to run a successful lifestyle business I just need effort money to make sure my bills are paid, and I can hire people.

The good thing about life is the opportunities you can have. I am living in a age where you can create anything you want. I think the main thing I am looking for is a lifestyle business. What would I do in my day if I had a lifestyle business.

Create
videos.

Create
photos.

Create Music

Travel the
world.

Help all type of
people. Go to the
gym.

Spend time with successful people.

Journal 2019 - Day 49 -

I need a business where I am free to make passive income and not have to worry about money. In the book "Entrepreneur Revolution" it said key things you need to prosper.

Do something your
passionate about Do
something your good at

Do something that earn money.

Also, in the book it said "Income follow assets"

If I look at my life and find the assets where I can make money from Helping other people

Music

My

Flat

My Creativity

These are just a few assets I have now. Most of my income comes from helping other people because this is my biggest passion plus my creativity.

I need to work on my assets this will produce the income I need to have a lifestyle business.

Today I had a very good interview in Richmond Fellowship for a recovery worker role. I feel so good, so happy, why? I show my passion about helping other people. Has there been time when I show my passion for helping other people and it is amazing.

They say a passion for helping other people. Why? You know why?

Because they show who you really are. When you love what you do - and live by what you love.

Passion is more than money, houses, cars. It the love!!!

The love for helping other people is why you go higher.

Yes, yes, yes. The love for helping other people. I know

what I love and What I hate.

On the train now I hate non – helpers I can see them now.

But you know what it doesn't matter.

When your passionate it just motivates your life. You will say no more money, no more houses, no more cars, no more stuffs. No that when your wrong

The people who help other people is the motivation. And I am a person who help other people.

You know how it is bigger than money, houses, cars, more stuff.

I know why people are unfulfilled and have nothing. Yes, I know because they don't help others. They help no one. Yes, yes, yes, True.

I will do myself a flavour look on the train now and find someone with passion. Purpose, ambition

The shocker is there no one!!! Yes, they are not fulfilled or even happy. It true I am seeing it. There happiness is nothing. There happiness has no meaning. There smiles are joking. True

It a crazy thing but true thing which is unfulfilled people.

My real inspiration is for the people who serve others and give back and you know what. They matter to me.

Yes, the first time in my writing.

People who help other people
matter to me. These people are
so important to me.

Why? Because they are serving people, helping other people, giving back. There is a bigger motivation for me in my life.

Help people who help others. We all go through things. We all suffer. But when are you helping other people. Yes, yes,

yes. Do you give for real reason. Are you serving for yourself. I am happy and fire up about helping other people and giving back. It the motivation and passion on my life.
As I

write people don't. It true they just sit down and do nothing. Yes. I believe it the question is can you believe it. It crazy nothing of the helpers or givers the just do nothing. It better to be different and help other people then doing nothing!!! It true. Without this passion for helping others, you have nothing. No Home, No Car, No Money, No Possessions, No Goods, No Stuff. Why? Because you don't have a love for helping other people.

Many people don't love it. There not fire up about helping other people. The people who I am meeting are serving others and giving back to people. It not a game or fun. It simple - Serve others, help people, contribute to others. Why may I ask this question. Where your passion and motivation for helping other people. The passion means more than money. The passion means more then things. The passion is the real gift and true talent. My love for helping other people really show!!!

It does!!! It not game or fun.

The passion is the motivation. In the interview I am a part of the people who show millions/billions of examples of how to support other people. Why is it because I am good. No, No, No. Is it because I am wise. No, No, No.

I know the word for it - The Difference.

I just got back home from my job interview I am still fire up about helping other people. When I call Samaritans (Nothing) of them understand what I say. Why? Losers. Non - Helpers. The Samaritans people don't get it.

The realest thing you have to see is
one thing!!! Not money, Not houses,

not cars but Non-Helpers. Yes, Non-
helpers. They don't help. True.

These Samaritans don't understand about
Job Interviews. Making a difference to
helping other people.

Helping other people and
give back. A difference you
make to others.

Helping other people and giving back.

Journal 2019 - Day 50 -

Today was a good day I was in my flat chilling out. I went to the gym to do a workout and started to look at my life coaching diploma. I have contacted a few coaches but I haven't had any real response for a coaching session. My feeling where ok and I am starting to become more organise.

Journal 2019 - Day 51 -

I woke up about 12.00 today and then I went to the gym to do a workout. The workout was good, and the shower was great. Now I a home I am going to make some videos & music. I am still passionate about helping other people. I need to find more clients for coaching sessions.

Journal 2019 - Day 52 -

Today has been very good I had a real productive morning. I went to the west end to buy some bedding and T-Shirts. I love the west end and seeing all the people it one of my favourite place in the world. Something about the west end make me happy. I came home then went to the Job Centre to sign on. I have been getting a lot of Job Interviews for new jobs which is good and hopefully I should have one soon. The 2 main organisation I want to work for now is Mind, Hestia but I must see how I do on the Job Interviews.

I have been listening to a podcast by Kelly Trach which has been very good. I contact coaching academy and now the peer to peer is the new group mentoring and webinars.

I am going to focus on the course because I want to complete this life coaching diploma and set up my own business in life coaching. I have big dreams for my business I want to run.

A list of business I want

to run. Life coaching

business Speaking

business

Mental Health

Charity Music

Business Online

business

Counselling

Journal 2019 - Day 52 -

Business

I realise that I need to focus on my studies and get all the coaching sessions I can for my personal development which will help me create the real business

of life coaching and helping people to achieve their dreams and desires. What is holding me back from starting my own business is my studies.

I have taken too much time trying to complete it and now I want to finish it. What can I do now to help my businesses.

Find the team of right people to work with Practice on my craft so I become a master of it

Find the right female partner for my relationship. This will help my passion and creativity.

Build a social media presence.

Buy books that would help me develop.

Listen to podcast where I can learn and develop.

Find a mentor / life coach that could help me in my personal development. Study successful people

It ok that I have not started my business because it gives me time to prepare what I want to do in my business.

Life coaching - I would like to coach people 5 days a week on personal goals, dreams, desires. I want clients that are ready to take some actions to become what they want to be

Speaking - I would like to give 2 talks every month and talk about my own personal story, personal development subjects, life mastery.

As a speaker I want to impact millions of people worldwide

Music - This is a personal hobby that I would like to pursue because I am very creative, and I love music. I would like to make album and do some shows.

Mental health - I have been working in mental health for 4 - 5 years in my careers and I would like to build a charity as a way of me giving back to mental health.

Online Business - I would like to have a book, audiobooks, podcast, messages, articles, guides, videos, pictures. Everything that I can share online would be link to my passions for example life coaching, speaking, music, mentoring.

Counselling Sessions - I would like to become a trained counsellor and provide a counselling service where I help people deal with their feeling and emotions.

This will be something that I do in my spare time, and I could do 2 counselling session a week. The business that I want to do will make me happy and fulfilled and I understand that it would take time to really get it started.

My dreams &
desires Author

Mentor

Life

Coach

Motivational

Speaker

Evangelist

Musician

Teacher

Counsello

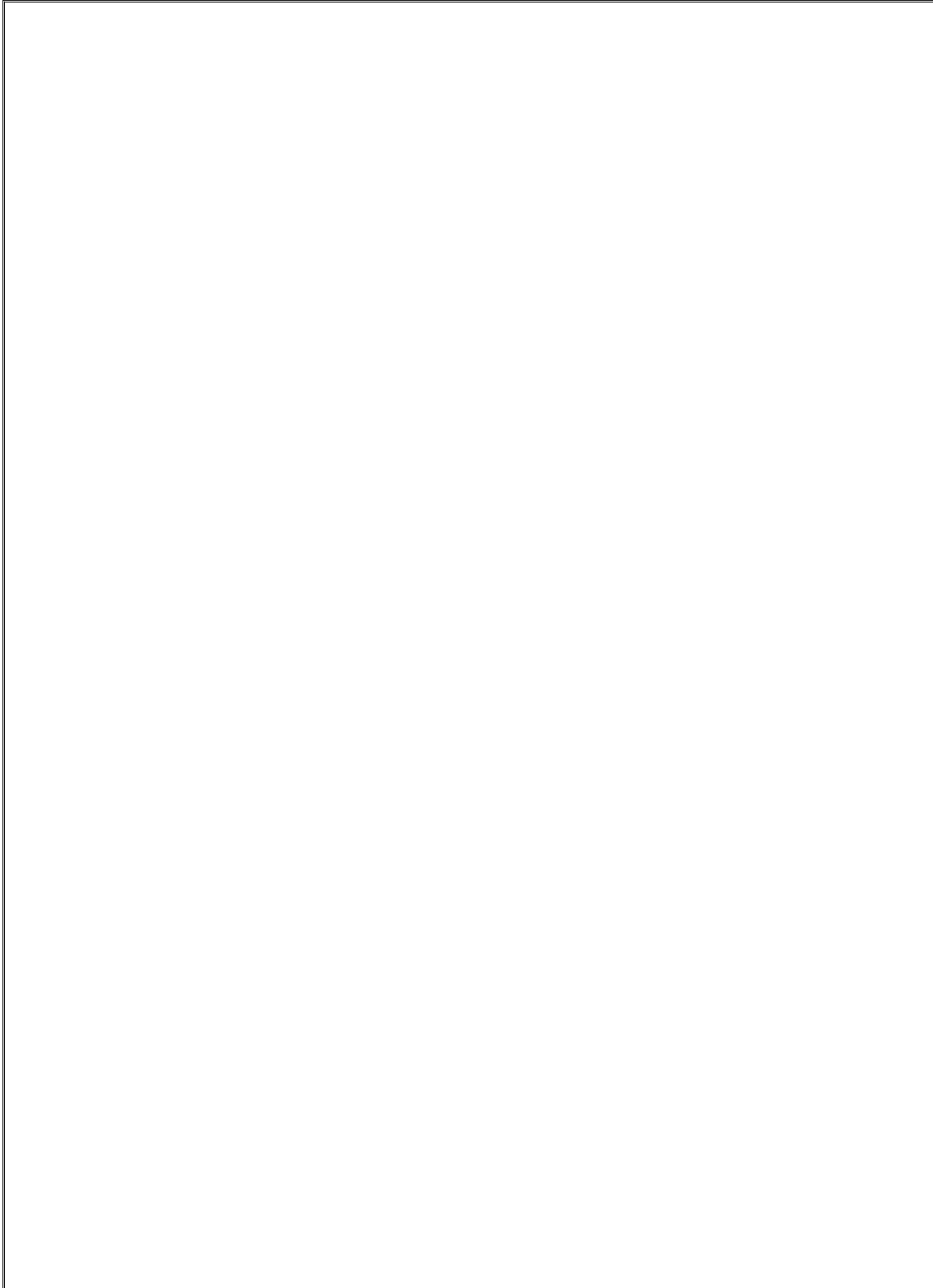
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Journal 2019 - Day ⁵³ -

Today I been ok was just chilling at home. I went to the gym and did a workout. My mood was ok, but I am still struggling.

Helping Other People and

Giving Back Helping others

The difference

Journal 2019 - Day 54 -

Today has been good. I had a Job Interview at Mind - Yes good but I think I could have been better. I had a coaching session after the Job Interview. Then my mood changes when I got a phone called from Roddy. I was passionate sharing helping other people and giving back. My mood changes and now I am calling the Samaritans. I have too to look after myself and help myself. When I call, they don't understand but that has nothing to do with me. No, No, No. They don't think or act in a certain way. It is not my problem it their problems (Samaritans). They don't listen.

Be nothing like other people. Don't act how they act or behaviour how they behaviour. No, No, No.

These people are losers and crazy. Never be like them never!!!

I realise that some people will just not help other people. They post some crazy photos and videos, and you really know what it a shame.

I see so many non-helpers it crazy. I am someone that helps other people and make a difference.

Non-helpers - Make me
angry. Non-helpers - Is
the problem. Non-
helpers - It's a shame.

Non-helpers - The problems

Jan really helped me today when I called the Samaritans.

Journal 2019 - Day 55 -

Today I woke up feeling ok I had a bad day yesterday which made me upset. Today I am going to rest and chill out because I got a Job Interview tomorrow and I just want to feel good in myself. The problem of my life is dealing with people who don't help others. I call them non-helpers. This is a big problem for me, and it make me feel low and depressed. It difficult to not compare yourself with other people because non-helpers are everywhere. All I can do is look after myself and make sure I am able to help other people and make a difference.

Journal 2019 - Day 56 -

Today has been ok woke up in a very positive mood. I had a Job Interview with Hestia for a Senior Recovery Worker role. The interview went really well, and I think the interviewers like me which was perfect. I came home then I went to Asda to do some food shopping. I have been thinking about becoming a inspirational life coach that is able to help other people and get to their dreams and desires. I have a real passion for life coaching and I want to set up a business in life coaching.

Journal 2019 - Day ⁵⁷ -

I was feeling ok today just at home chilling out. I had a ok day. I am focus on helping other people and giving back.

Journal 2019 - Day 58 -

I had a good day in the morning I was playing games which I like on my Gameboy Advance and just relaxed. I went to the gym then the negativity came (Thoughts). I made a powerful video about the world saying it in chaos my oosh it was fulfilling.

Now I am so tired but happy because I know I am helping other people and giving back in my ways. The bible says don't love the world and the things in it. No Houses, No Cars, No Money, No possessions, No things.

Everyone like their homes. Bigger money. Yes. Bigger stuff but for me I don't like it. No, No, No.

I like helping other people and giving back that it. Nothing else.

I don't want stuff, but I got stuff, I don't want money but I got money. I don't want things stuff. I hate stuff. Bigger objects, more toys. It is nothing and doesn't matter.

Helping other people and giving is the motivation. To help others and give back. Not for money. No. Not for houses. No. But to serve others. Yes. In my own experience it cannot be about money. It just can't to me. No Matter how bigger I get. It just can't be about money. Yes, it good and what never but who cares. It got nothing to with faith, God, family, people. It to do with what I have been through and seen in my life. Yes. The pain, my hurt, the struggles. It came to my mind to make a series of videos for the people of value. This series will be to talk about helping other people and what to be aware of. I think that people are not

Journal 2019 - Day 58 -

serious, and I understand that there are problems everywhere. Some problems are people. True, some are health. True. Some are financial. True

The people of value are for the people who want to help other people and give back. This could be something valuable and even rare.

I think we need people of value that help others and give back.

The things are they are hard to find. People of value are like a huge secret. The things I need to think about is how I can use my knowledge and wisdom to serve millions. Yes. To serve millions of people.

Journal 2019 - Day 59 -

Today I feel better I had a good rest in the morning. I told Job Centre that I have a diabetes appointment and was unable to come to the Job Centre today. I didn't get the Mind job due to lack of experience in writing / management. I realise I need to be more kind to myself and really look after myself. I still love helping other people and making a difference in the world, but I do struggle and find things difficult sometimes. The Samaritans cannot really help me the way I would like them to because they are so private. I need to know people lifestyle so I can see if they help others or not.

Right now, as I am unemployed I need to focus on creating. Things that I find valuable and important to me.

Music, Videos, Messages, Books, Speeches

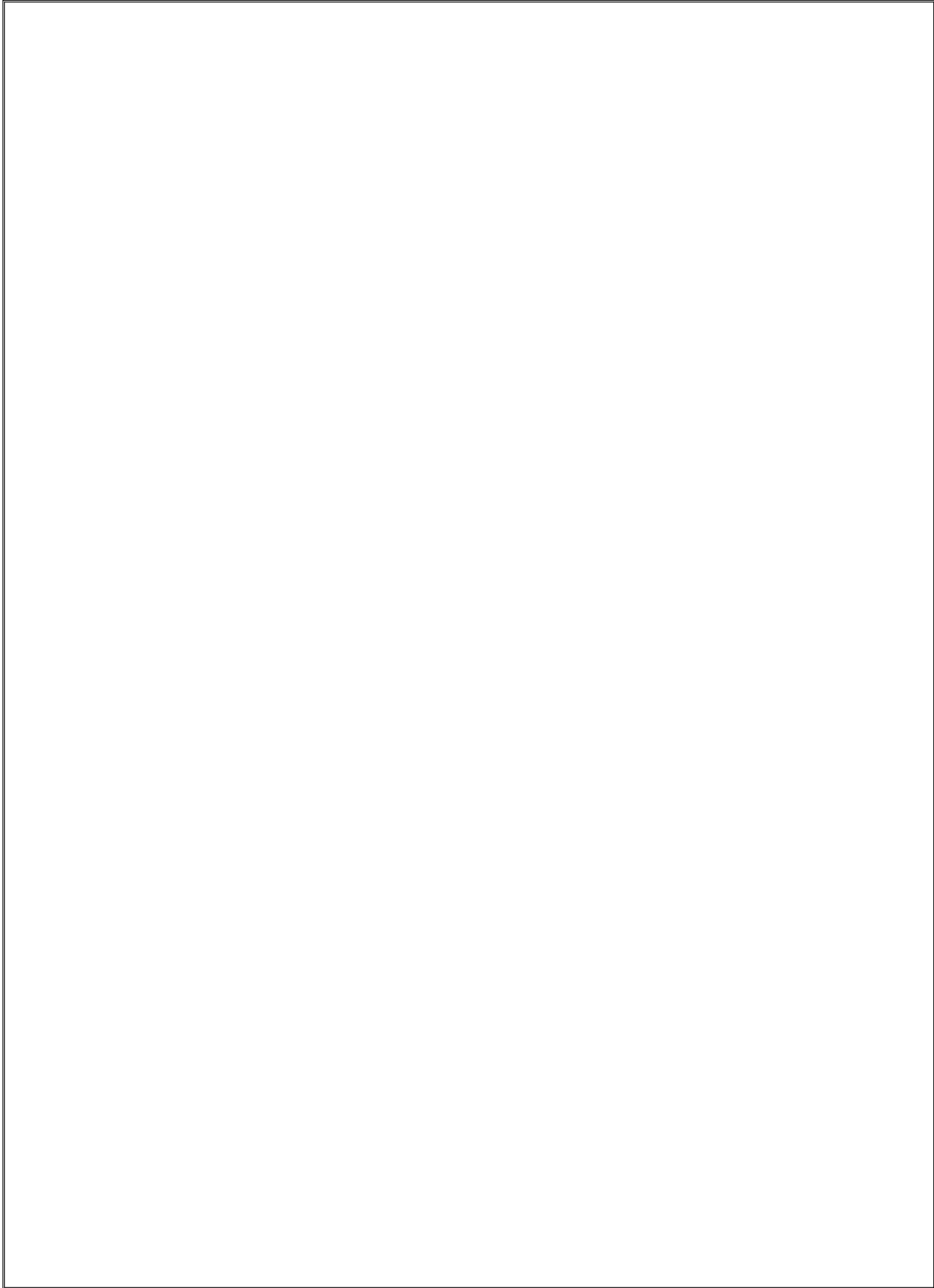
I always want to create things of value. I am a creative person and the skills I can use to create things of value is so important to me. I need to use all my creative skills to produce things that have meaning/value. So long as I can create, I would make a real impact in this negative world of money hunters and non-helpers.

I need to focus on what I can become and forget the non-helpers.

I feel like I can help more people if I don't have a Job. But to be honest I do need a job to pay my bills plus look after my health. So, for now I will work but for my future I need to work for myself and create things of value. I believe if I can keep helping other people and be the best version of

Journal 2019 - Day ⁶⁰ -

myself. God will help me to get to my future. I still love music and I love creating music. I feel now I should make music that reflect my life and my problems. Music is a great way to express yourself and I do love music.



Journal 2019 - Day 60 -

Today was good I was just chilling out at home. I went to the gym and did a workout. I had a coaching session with Sarah that went well.

Journal 2019 - Day 61 -

Today has been good I have been at home just relaxing. I am enjoying the game dragon warrior monsters that I have been playing on my laptop. I had a mentoring session with Jo Mason from the coaching academy which went well. I have been thinking about starting a blog on helping other people and making content for people that want to help others. I already make videos on YouTube about helping other people. But I want to make a blog dedicated to just helping other people. I think this would be a good thing to do. I could create a podcast, audiobooks, videos, articles, books on this topic.

I am very keen to start my coaching business and coach people all around the world on their dreams & desires. I still need to think of a good niche to try and get clients with.

I like motivation, health, success, personal performance, and lots of other subjects. But if I want my business to be big, I need a niche. I feel like I am a creative person who loves to create. I love creating things from just a idea into reality and create things of meaning/value.

I want a website, blog, podcast, books, audiobooks for my business. Right now, I need to think of ways of how I can get clients to buy my products & services. I don't mind creating free content online so people can see what I do. But I want to help people worldwide and make a real impact in the world.

Journal 2019 - Day 62 -

Today has been hard for me. Very hard. I was ok in the morning then in the evening I started to feel low and down. Why? People not helping other people. This is something that I hate. I hate it. Non-helpers, non-givers. I hate non-helpers, non-givers. I made a video talking about the world in chaos!!!

It a video that was hard to do. Difficult to make but I had to. There is a passion and desire I have for helping other people and it is motivating my life. I have been through hard things that have broken me.

Losing Jobs

Losing

Homes Being

ill myself

Seeing

people ill

And more it real and true

I feel like people are just losers - non helpers. It like this world is full of negative people, problem type people.

They say - Yes, a house, Yes some cars, Yes some money. It doesn't matter to me. True!!

All the pain I been through is crazy and I had to deal with it. Mainly Alone. I had to deal with this serious pain. It is crazy. True!!!

I think to myself. Wow non-helpers. My oosh. It crazy but

Journal 2019 - Day ⁶³ -

true. Non-helpers. Non-givers. They don't help others.

I realise more and more it not about stuff, things good or family. People are like ants. They just move all over the place and do nothing to serve people. It

crazy.

I think people don't understand helping other people. For example, when I call the Samaritans. They say I am a volunteer, or I support people but have you helped lots of people. Yes!!!

It not good effort to just say you are a Samaritans you know why because anyone can do that. It not special.

To say you are Samaritans is ok I am not judging it but where is your motivation, desires, ambition to really serve, helping other people. I think people are lost, confused, and struggling to understand helping other people and the difference you make to people. I cannot even have a real talk with any of the Samaritans. Why? It not that they help – Yes, I get that. It not that they are volunteer Yeah good. The real thing is who do you really help. And if you do. Then where is the difference!!!

I realise so many people they cannot see it! I don't know why I think I do maybe. People are selfish and self-centred. Everything is about themselves. You know my life, my kids, my home, my business, my cars, my stuff. I really see it now selfish people. They think about themselves and only want they can get. Yes

I work hard for my mortgage.

who cares. I work hard of my
kids. who cares.

I work hard for my money.

who cares. I work hard for
my stuff. who cares.

It is always about themselves. I realise everything is to do with themselves. I have learned this before at some point - everyone is selfish.

There is a real deep problem in the world. Not money, not houses, not cars, but selfish people. Selfish people are just like non-helpers. These people are about themselves. That why there not serving because they think about themselves. Even when you are a samaritans you think about you. For example - Making tea, drinking coffee, having water. They do it for themselves. Yes, All for them.

I am a Samaritans. I am a volunteer. I am a helper. It always to do with themselves. Another example is Facebook, Instagram.

Everyone does thing basic on themselves. When I got tattoos and making music it was basic on me writing in my journal is basic on my feeling and emotions. Me just making a cup of tea is basic on me. There is a real bigger change that need to happen in the world.

Selfless people

Many people are selfish. Even people who serve. Why? Because they do it for themselves. For example - fulfilment, happiness, joy. Everyone like it for themselves. To be real inspiration you can't think about you.

You - I - Yourself

Many years ago, I made a video talking about the self and I. My house, my business, my social media, my bank account, my love, my kids. It all to do with you. People who have serve to the higher level are completely selfless. They know they must eat, sleep, work, gym but they are selfless. The world is full of selfish people!

Everyone does things for their own gain. To help lots of people is bigger than I thought. Help lots of people is where

true inspiration is. But the thing is - is it for me or for others.

This is a very hard but real question If it for me then I have joy, happiness but it for others then they get the support they need. I am willing to stop my own joy, happiness to support people with problems.

This is the challenge, but I must face it. No more joy, happiness for me - serving others, giving back, selflessly.

Devote everything into helping other people and it start from tonight.

Now I am going to help other people in the true way - Not for myself but for others. Yes!!!

I will always be fulfilled. Yes, and I would get satisfactions. But no more do I want it. My real turning point - helping other people - selflessly. Give it my all.

What this mean is
everything. No holding
back

No more tears
Experience more
pain. Devote
everything.

To give fully and change people!!!

Now I need to think of ways how I want to help other people and give back completely to people.

Videos - I need to make 1 video every day on

YouTube (Must Do) Jobs/Careers - Support people
in the work I do

Volunteering – Give free time to serving others.

Business – help people in coaching, speaking,
mentoring. Faith – Help people relate to Jesus
Christ & God

Community - See of ways how I can help people where I live. Oversea - Help people worldwide.

Books - Write books for helping other people. Audiobooks - create audiobooks.

Podcast - Create Podcast

There are 100s to millions of ways to serve others. Devoting everything to helping others. This could mean selling items/selling stuff only have what I need.

Work has always been important to me. I need to work and work hard. If I really want to make a impact and help lots of people. I need to start from where I live!!!

Talk to people, let them tell me how they feel and then move on from there

Kind/Compassion/Empathy is my real treasure and it priceless. I wouldn't be unkind or disrespect. I will be kind and just serve!!!

Today is a new chapter in my life and I will help more people. Family - keep them away from me.

Friends - Don't hang with them. God - Be closer to my lord.

I am on a new mission. Helping people everywhere
Everyday be kind.

Make a difference all
the time. Give to others
my whole life. This
means everything.

My Money, My Home, My Cars, My Kids, My Wife, My Possessions, My Stuff

I know God will help me and reward me in heave for my work. I want to follow my lord and honour him. I need to stay away from people bring me down.

And now focus on my
mission Helping people
everywhere The one
thing I got to do more.

Spend time with God.

Spend time alone.

Spend time with
Nature.

The next level is ready for me and now I am ready to devote everything to helping others. Stay away from anyone who don't share my mission.

Simple but not
easy. My

Mission

Help millions of people around
the world Make the world a
better place.

Serve to the best of my
abilities. Become what I
want to be.

Helping other people &
giving back. Serving &
making a difference.

The real change for me is
selfless. Spend all the
hours serving people.

Just one thing with this

Make sure I am healthy and get effort food, drink, rest to make me serve people.

Selfless - Serving - Making a Difference e

Once I start my new Job, I need to give more money away. To charities I care about. This work is now deeper for me

My work - Helping other

people. Everything I have

learn to serve people. Helping

other people - The difference

The difference

Helping other people

The key to my own success is selflessness. Being different, being alone.

I learn that I can study at home and do online courses. It is a quick and cheaper way to learn. I can buy some courses and study. This will help my personal development.

Journal 2019 - Day 63 -

Today was good I have just been chilling at home. I felt ok and was just resting. I went to the park and got some fresh air which was good.

My mission - Helping Other People everywhere.

I am still focus on helping other people and making a difference.

Journal 2019 - Day 64 -

Today I woke up a bit later around 11.00. I felt like I need to go to the gym and do a workout. Exercising make me feel good and I enjoy it. So, I am going to go to the gym and do a workout. The gym was good did a short workout. I came home and just been resting and reading the book "Entrepreneur Revolution". I need to build a business and create products / services of value.

Journal 2019 - Day 65 -

Today was ok I was at home chilling out. I am still focused on helping other people and giving back. My motivation in life is to help other people and make a difference. Helping other people is my vocation and career path.

Journal 2019 - Day 66 -

Today I was at home just chilling out. I had a great idea to create a new book called "Helping Other People". This book would be focus on how to help other people and give back.

Journal 2019 - Day 67 -

Today is a hard day. Why? Non-helpers, non-givers, no difference. You find it funny to help other people No not for me. Helping others. Yes. To give back and make a difference. The truth.

The Samaritans don't get it. I am calling them, but they don't get it. They are not helpers. They don't understand. Nothing.

Journal 2019 - Day 68 -

Today has been a very chilled and relaxed day. I am starting to write my new book "Helping Other People" which is going well. I have made a few videos on YouTube about helping other people. Right now in my life I want to focus on myself and take things. I have been focusing on work and other things. Now I am going to do the things I enjoy and finish writing my new book.

Journal 2019 - Day 69 -

Today has been good I went to the gym and did a good workout. After gym I came home and started to write more in my new book "Helping Other People". I am still passionate about helping other people and making a difference in the world. My mood has been good and I have been relaxing. I may need to do some shift and earn some money from look ahead until I start my new Hestia job.

Journal 2019 - Day 70 -

Today has been a good day I have been at home. I tried to call all my reference for Hestia and most of them are not in their organisations. This is a worry because it going to take longer to get the references, and this is what happen to me last time when I tried to apply for Hestia. Hopefully I would be able to get the references. If not, I have to think of some new ways. I went to the gym and did a workout. My mood is ok.

Journal 2019 - Day 71 -

Today has been very good I woke up feeling good. I went to the gym and did a super workout which I felt was great. Now I am at home I am going to make some food and have some coffee then start writing in my new book.

My mood so far is good, and I am happy that the gym went well.

Journal 2019 - Day 72 -

Today has been very good. I been at home had some food and I was change by a video I watch on YouTube. Yes!!!

I realise you must serve others! Yes - Helping other people. Problems make me happy. Yes!!!

I am calling the Samaritans - They don't listen to me, but I don't care. (There lose)

Helping other people and giving back So true - so real

Making a difference to others. Yes!!

I have been dreaming about helping other people for a long time and magical I am doing it. I remember seen pictures and visions of different things in my dreams, but I couldn't understand it. I don't know.

There is a link between the physical world and spiritual world. I don't know but I feel it something about your imagination and dreams link to the real world.

It been many years since I did meditation/Mindfulness. Now I get it Meditation unlock your spiritual life and by meditating you change spiritual. I did use to meditate before. I don't have any spiritual sense.

Now I do meditation I see things differently and yes, it is shocking but real. There is reason for everything I been through so my pain but now I see. The spirituality! Yes Spirituality. You don't know but you can feel. I can feel real thing I don't get it but I feel it.

Spiritual Teacher I need to become now!! Sometimes it hard to deal with the negativity and corruption (everywhere). But I realise more and more your health & well-being is riches.

Without health you have nothing!!

You can have it all and be successful if you want but No health equal no riches. Look at people and try not to judge them. Just look and see what people do.

Instagram has crazy people who are just partying, misbehaving, and joking. It true. But you can choose to be a part of that. Yes, or do thing to help others.

There is a new path that I need to understand and try my best to help people. Spirituality - Success - Fulfilment - Joy - Happiness

But it come at a price. Without the struggle and suffering you can't help others.

People don't want to suffer they like big toys and luxury homes. That what they enjoy. Most normal people or average never help other people.

I can be a part of the normal crowd of negative people or now support people in the way God has shown me. Today has been hard but I have been learning to help other people and learning about spirituality.

Being a Evangelist is a very important thing and spiritual teacher. I need to be both to serve God completely.

Spirituality is a real secret and making a difference to others.

I realise people help other people, but they are not fulfilled

or even have spirituality. People chase after houses, cars, money. They don't serve or contribute to others. Many people are stupid and just completely wrong.

Their house is wrong. Their family is wrong. Their money is wrong. I believe that people are selfish and dumb because they are just fool. They chase after the wrong things. There have been times when I would evangelist for God and really make a difference in faith.

The fulfilment/Spirituality I got from serving people in the streets was amazing. People lol at me and called me name but I still serve others in evangelism. To do the work of God is so important and making difference. In people life is everything. Helping other people and giving back.

Helping other
people Making a
difference

It all about helping other people and
giving back. Spirituality

Spiritual
ity

Spiritual
ity

Helping other
people Helping
other people

Giving Back

Journal 2019 - Day 73 -

Today has been a better day I went to sleep at 07.00 after not sleeping last night due to a hard time. I am now making video on spirituality and God because it so important. I chilled at home and rested. I went to the gym at 20.00 and did a workout. I realise I need to improve my mindset and get in a habit again of reading books and listening to podcast. I still have lots of dreams and desires and I need to achieve them.

Journal 2019 - Day 74 -

Today has been a productive day. I went to Hestia to provide ID Documents for my DBS ID Check. I explained to Hestia HR that some of my references are not in their organisation, so I have to contact the Head Office for those references. They said I have a 1-month deadline to get all the references. Every day I need to push and get In contact with the references. I went to Wandsworth Council and handed in my freedom pass application from which is now completed. The council said a new freedom pass will be post to my address. I am cooking some fish, rice, veg for dinner.

Journal 2019 - Day 75 -

Today was a good day I stayed at home for most of the day. I released a new album called "Aspirational" online. I want to create more music and spread my passion for music with the world.

What am I

grateful for? My

health

My

Money

My

Home

My gym

My Family &

Friends The air I

breath

God & Jesus

Christ Nature

I have lots of things to be grateful for. I really appreciate everything.

Journal 2019 - Day 76 -

Today has been good I have been at home. I went to the gym at 12.00 and did a workout. Gym always helps me to feel better. I came home and been resting. I am grateful for life, and I appreciate everything in my life. I believe I can help lots of people and make a big difference in the world.

To serve others is so important to me and I love helping other people.

Journal 2019 - Day 77 -

Today I woke up ok and did a coaching session with Sarah. Then I went to the gym and did a workout. While I was in the gym these thoughts of negative things came to my mind. I don't know why but I just felt it. I have been through a lot of difficult time in my life, and I try to help other people. For some reason these negative thoughts keep affect me every day. I cannot help it, it like in the back of my mind. I believe it because of the hurt. I been through and the problems I have faced. But where are these negative thoughts coming from?

This is what is stopping me achieve my dreams and desires. I thought maybe it because I help other people. No, it not that. Maybe because I am alone. No, it not that. It the pain/hurt I been through. When you suffer it feel painful.

Pain and suffering are the hardest thing to deal with for real. People are always having fun, jokes, lol, misbehaving and stuff like that. They have not suffered, gone through pain or even adversity. When you don't suffer you cannot see that helping other people is important. I don't care what anyone says about that. It not the house, money, cars. It the help, serving, giving back. I think the suffering make a real difference. If I didn't suffer first where would my career be!! No where.

If I did suffer first, how would I know my passion/purpose.

If you are not going through pain - you don't know anything important. Not the houses, cars, money. (The Pain).

Journal 2019 - Day 77 -

Not the career/fulfilment. (The Pain).

It about what you go through and been through in your life.

You cannot replace anything from a personal real life experience!!. No, No, No. Yes, you can help but at what cost. Did your loss yourself like me. Did you go through hard time like me. Have you really suffered like me. Now I see the suffering and pain. The negative thought are based on my suffering, pain, hurts. There is no way I can change that! No but there is a way to move forward. This is a search. How to move forward from suffering. I thought it was helping other people. No, I am wrong. It can't be. How to move from suffering. Is it money. No, it is people. No. Is it God. Don't know. What is the answer.

This is a very real question and I must find a way to answer it. If it was helping other people - why do I feel low. If it was positive thoughts/negative is still there. There must be something higher. I need to find out. You can overcome suffering through talking. Yes. I believe this I talk, I share, open and it help me. This is a real positive thing for me personally. If you help other people and don't earn money from your work, then what is the point. I done volunteering true plus earn money. So many Samaritans volunteer think of volunteering. No!!

Motivational Speaker is the future of me and inspire people around the world. The difference you make is very important. When I call the Samaritans and talk about helping other people. They think volunteering lots. No, No, No.

Careers - riches - money. If you don't earn money from help other people, you don't have a life!

Helping other people and giving back is everything. No, No, No

Not money. Helping other people and giving is the key to everything.

I am tired but happy because I serve others and make a difference not for money, houses, cars but to serve.

Helping other people and
giving back. Helping other
people and giving back.
Helping other people and
giving back.

Journal 2019 - Day 78 -

Today has been ok I have been at home for most of the day. I brought a new journal from Asda to help me write about my feelings and emotions. Still passionate about helping other people and giving back.

Journal 2019 - Day 79 -

Today I feel better, and I play computer games called Dragon Warrior Monsters. I want to create a international business that help people around the world.

My dream

business Life

coaching

business

Speaking

Business

I want to help people achieve their dreams & desires. I would like to create. Podcast, Audiobooks, Courses, Books, Articles.

Life coaching and helping other people.

Journal 2019 - Day 80 -

Today has been a good day I have been at home. I called Mind (Brent) for my reference they said they will do it by tomorrow. I called Damian at Richmond Fellowship he wasn't in at the time so I will call him tomorrow for my reference. I called CNWL Head Office but didn't get through. Hestia HR sent a email so I need to call them tomorrow to find out if they received the email. I am passionate about coaching, mentoring, speaking and I want to own a business in this area.

My main

business Life

coaching

Mentoring

Speaking

Counselling

These are the area where I want to build my business on. My main passion is motivational speaking and being on stages. I feel like my business would be international and I will serve lots of people in my life. My dream would be to tell my story about how I became who I am today. I would like to do motivational speaking and inspire people.

Right now, I am in a good situation.

Mentoring - I am fully trained as a mentor and have done mentoring as a volunteer.

Life Coaching - I am currently studying my life coaching

Journal 2019 - Day 80 -
diploma with the coaching academy now and practising
coaching with clients.

Speaking - I am now a trained Speaker for WaterAid, and I am about to give a few talks in September as a volunteer.

Counselling - I haven't done anything to move forward with this goal due to me studying already as a life coach, but I can buy some books on counselling to get me started.

Now I know where I am what is the most important thing to do right now.

I need to finish my life coaching course. Then I can set up my website for my business and get it legalise.

Right now, the life coaching course is holding me back. But while I am studying my diploma, I can do something outside of my studies.

Reading books on Mentoring, Coaching,
Speaking, Counselling. Listen to
podcast/audiobooks.

Attend meet-up
events. Do

Research

I have a vision what my life could be when I get to the
next level. Doing 10 coaching session every week

Helping lots of mentees in their personal development in

Mentoring Speaking on stages, events, conferences

Offer private counselling services to people who need
therapy.

Having my books, podcasts, audiobooks, videos watched
by millions of people.

This is what I vision.

The only way I am going to get there is by taking certain actions. Mentoring - Do more volunteering as a mentor and gain more experience.

Speaking - Join Toastmasters clubs that do public speaking and attend course on public speaking.

Coaching - complete my course and practice as a life coach. Counselling - look for course to do my counselling studies.

Every day before I do anything else I need to look at my goals and write in my journal 3 actions I am going to do to move me forward in achieving them.

Journal 2019 - Day 81 - 20/08/2019

I was ok in the morning I just had some food. Had a good sleep and chill out. I was on the train going to work reading a new book "The rules of wealth". It was teaching me lots about money, wealth. Why do you want to be wealthy. I can answer to make a difference to people I love, care about.

I don't want money for personal gain. No, No, No

To help others with it. But as I read this book I am learning. I came to work feeling happy but as always, these negative thoughts come. All the time, nearly every day. I can choice to run from my negativity or face it. For me facing it means I help others all the time at all costs. If I feel shit, I help. If I am tired, I help. If no one understand I help.

It the serving others that motivate my life and give me real fulfilment and true joy.

Joy, we wonders is it a book. No. Is it a house. No.

Is it a car. No. Helping other people and giving back

My real joy come from helping others. Yes, it hard but it not going to be easy. It never is. But if you can smile by yourself and serve to a high level. Why should you not feel happier, joyful, fulfilments. There are more videos I am making to show what I means by helping other people. I learn a new word today. Social Media lookers.

Yes, social media lookers. They look and ask questions second. They judge and don't even contribute. They smile

and lol. But helping other people is very important. How can you lol when you are not serving, helping, giving to

others. You can be these social media lookers or serve.
That it no more choice. The serving.

Journal 2019 - Day 82 -

Today has been a better day I have been chilling at home after work and made a video called social media Lookers. I spoke to Alex and we both agree that we are going to work hard for the future. If I am going to get to the next level of my life. I have to put in the work now.

Right now, I am looking for work and trying to do a few shifts as a PSA in Look Ahead.

To be safe I would need 3 jobs. 1 Main Job, 2 flexible Jos

If I work hard and rest now, then I can save up the money to build my business and mortgages.

The time is now. Not later if I don't plan how I am going to achieve more success. I am not going to be able to be very successful. Yesterday I had a talk with Ossie, and he was telling me you need to be stable and earn your money to buy a house and things you desire. Job Security is difficult but if I have more than 1 job, I can always bounce back and earn money.

Ossie - Helping other people, has a house and has a family.

I want a house now, and a family and I also want to help other people.

My focus now is how to get to the next level. Of course, I will make time to relax and rest but I will work hard for what I want.

Journal 2019 - Day 83 -

Today has been a good day I was at home. I went to work and now I am doing a shift from 14.30 - 22.30. Work has been good a very relaxed shift. I need to earn more income and invest in myself. When I earn money, I need to make sure I save money. I been thinking about doing online course and growing in different areas of my life. The more I invest in me - The bigger the rewards are.

Journal 2019 - Day 84 -

Today has been a good day. I went to work from 14.30 – 22.30. Work was a busy shift but ok. I did a sleep in at work too. I still want to help people and make a difference. Damian said he will not be able to do the reference, so I must wait for Precilla to come back to do the reference. Precilla will be back on 30/08/2019. I send a email to Precilla asking her to do the reference.

CNWL – I spoke to Oliva today about the reference. She said they have received email from Hestia, and they will give a reference in 7 to 10 working days.

Journal 2019 - Day ⁸⁵ -

I am still at work about to leave to go home. When I get home going to have a bath then buy some food from Asda. Work was very long but I manage to complete my work shifts.

Journal 2019 - Day 86 -

Today has been a real fulfilling and great day. I have been at work serving others. Yes, serving others and making a difference. I am someone who serve others and I am proud about it. Some people say they help others and give back, but they don't. The helping other people and the giving. The difference you make to people. The difference. People chasing money. Big progression.

Helping other people has teaching (Involved) true.

Yes teaching. Showing people, the way. Helping others. The difference. The helping. People don't know how to serve people.

Helping

others

Giving

back

Helping

others

You should give back and help.

For me personally. No money can compart to helping others. Nothing.

You can say it about money. Houses, cars, food, drinks. It's the helping others. The giving back. You may wonder why I don't chase money because their things that are way more important than money. Your houses, your cars, your money. It doesn't matter. It true.

Journal 2019 - Day 86 -

You think a big house is the motivation. True. No. You think more money. No. Bigger cars. No, No, No. Big stuff. No, No. My motivation is to serve people. Help other people. Make a difference. Helping other people and the giving.

Helping other people, giving back, the difference, the contribution. The helping. Giving back.

Helping other people, the difference, the helping others, giving back, giving back, the difference, helping others, helping others.

Helping others, the difference, helping others, the difference, helping others, the difference, helping others, the difference.

Helping others, the difference, helping others, the difference, helping others, the difference, I can teach people with excellent.

I am struggled to get some sleep today because of work and doing the sleeping. I feel like I need to look after myself more and make sure I rest more than anything else. I know people don't help and contribute but that the way it is. People don't like helping others, so they never do. I am angry with these losers, non-helpers that do nothing in the day to help others. Today when I was at work, I saw losers just walking up and down doing nothing. It is shocking but true. Most people are non-helpers and don't support people. They just fool around and do nothing. There are real good people who help other people and make a difference. Sometimes you just must avoid the non- helpers and continue to serve others. After this shift I am going to rest and relax. I need some time to look after myself at home. Sometimes I give so much at work and it take a lot out of me.

I don't want to get burn out from helping others. I need to recharge my own battery and take care of myself. It not

about the money or houses or cars or stuffs. It about looking after yourself - helping others - make sure you're doing well and ok. Work is always available for helping others. The hard thing is when you need to focus on self-care and relaxation.

Journal 2019 - Day 87 -

Today has been a better day I went home from work in the morning and felt happy that I wasn't working. I came home and made a video for my YouTube channel. I still feeling a lot of pain and I do struggle sometimes to cope with what I experience. I realise sometimes I need to say No to certain things for example when work ask me to do shifts.

I need to look after my health and well-being and make sure I am always well in my life. Now I am at the part getting some fresh air and resting/relaxing this is good and I feel better within myself.

When I get more stronger and better, I am going to focus on my studies with the life coaching course. I need to try and do 1 hour of work every day for the course and schedule it in my diary.

Journal 2019 - Day 88 -

Today has been a relaxed day I have been at home chilling out. I did a bit of reading of the book "The rules of wealth" which was good.

I play some computer games on my laptop. I realise that I need to become more focus on my dreams & desires and start taking more action towards them.

Also, I need to be more connected to God and Jesus Christ.

Journal 2019 - Day 89 -

Today has been a good day I have been at home listening to Dag Heward Mills messages. I am now reading a book about How to pray by Dag Heward Mills. I am now going to put more focus on my coaching diploma as I have been a bit lazy. I am going to read books on coaching, do coaching session, do the paperwork for my diploma. I really need to complete this course once and for all. I am now motivated to get it done.

Journal 2019 - Day 90 -

Today I have been at home resting and relaxing. I got my meds from the Pharmacy. I stated that I am going to focus on my coaching diploma now. I got a coaching skills webinar at 20.00 – 21.00.

I want to complete my diploma and get my business started. If I put in the time and effort towards my diploma. I will achieve completing the diploma.

Journal 2019 - Day 91 -

Today was a hard day I felt very emotional and pissed off. I called the Samaritans, and they didn't listen to me. Most of the Samaritans don't really care for the callers. I told the Samaritans that I was fed up with their abusive behaviour toward me. I had a really hard day and didn't get to sleep until the morning.

Journal 2019 - Day 96 -

Today has been good I had a long sleep in the morning because I was tired. I went to the shop and brought some lunch. My mind has been on setting up online business. I have been looking for online course I can study to help me understand more about online business. I still need to plan what type of business I want to set up online.

Journal 2019 - Day 96 -

Today has been a good day I went to church for the international day which was good. I came home and started to watch YouTube videos on online business. I call Alex and have a quick chat up talk. Now I need to focus on online business and creating my own business. I am reading a book called "Make Money as a life coach! And it is helping me.

Journal 2019 - Day 96 -

Today has been good I went to my diabetic appointment and the doctor said I need to stop insulin. I came home and cooked some pasta with mince which was good. I realise I made mistakes in my relationships with my ex-partners and now that I am single I need to focus on look after myself. I am kind of looking for a new partner, but I am not currently dating. Hopefully when I get myself sort out the right person will come in my life.

Journal 2019 - Day 96 -

I was at home and just chilling out for most of the day. I am still focused on helping other people and giving back. I have realised I need to work on myself and really heal from my past mistakes and broken relationships.

Journal 2019 - Day 96 -

Today has been good and real. I got a email for Hestia talking about the references they need I wrote my biggest heartfelt email in my life tell them I want to work for Hestia so much and don't let this opportunity not happen. I did everything to show Hestia HR Team that I really want the Job. Right now, I am at work working as a PSA in mental health at a mental health recovery home. (My old workplace). I have been looking and seeing so much today it is unreal. But this I see 1 thing. Not serving or helping people. There one serious question I want to process myself and I have never ever shared this question. Why don't people serve?

This is a real question that I want to find a answer too. Most of my journal have been about helping other people plus my faith. But this question is new and real and there must be a answer to it. Now people like stuff things - good times, playing games - humble.

But why don't they serve people. I think there more than 1 reason for this. Personal problems - This could be things that happen to you personally.

For me it mental health and my suffering through my mental health conditions depression, psychosis, schizophrenia but I have not made it a burden or problems why? I am serving now.

Money problems - People believe their no money in helping others and you cannot make a living/No untrue and

Journal 2019 - Day 96 -

bullshit.

I made lots of money from helping other people and giving.

Spiritual problems - Most people don't believe in God/Creator they are just negative.

But I do I believe in Jesus Christ and salvation.

Your environments - How you was rise up and what type of world you live in. for me I lived in the ghetto gangster life, robbing, hurting people, stealing but I use it to help others.

There are millions of reasons why people don't help others and give back. My own opinion - Personal Problems

I am going to sleep at work for this shift and tomorrow hopefully I want to create a video about this. I believe it could help lots of people who want to serve but just don't know about it. I understand a lot. True. I read a lot. True.

But for some reason it not about what you know. No

You can learn, mentor, coach, business, entrepreneurship. You would not take actions.

My question is - how do people act?

Yes. Whatever they want to do. I think people don't take action/prosper that why they don't move forward.

If I didn't take actions, I wouldn't be in this job doing what I am doing. Something inner of me telling me Paul is right.

Mental

Health Life

Coaching

Physical

Health

Employment

t

Supporting

Helping Other People

Paul was the person who saw something in me. When I had nothing. I was dealing with mental health, broke, poor with nothing. But that - Motivation and desire help me to be here. Maybe for me motivational life coach is something I should be or even employment specialist.

Motivation is the key to everything. Not power, not might but motivation. People only act through motivation. Now I understand the importance of motivational speakers. To inspire - Help and motivate people. If you don't take actions, you have nothing.

I believe I had things that fears and get me upset and down, but I really don't because I am good or smart or big but motivate and inspire people from what I have been through and seen. That is the motivation.

Helping other is more to do with personally fulfilment than anything else. I know for a fact that you do become fulfilled and happy when helping others. You could say it like this more success, joy, people don't have that. No, No, No

You get people you help that treat you like shit and they like that but No, No, No. If people are kind to you show respect. Many people do this, and this is the thankless vocation! No one give you thank. No one say thank you.

People are like this. I know. O help me yeah. Do the work for me. No, No, No

I am different. I say this to these money hunters, non-helpers, non-givers, non- contributors. Help yourselves.

You know but yes. Help yourself rise to greatness. Not for money but to serve.

It is the serving people and helping other people that

really matters. Yes There no thank you in this job.

Do you want all the congratulations and bigger rewards.

Yes, yes. Everyone is like yeah give me the houses, cars, money, family, bigger stuff. Where is your difference.

Your difference

To many people are not serving or helping and you know what I will say now to me when will you change.

Rise up out of your stupid horrible depression, misery. Do something to serve and help and contribute to people. Not for your personal selfish stupid life but for others

You see, you see the selfishness and dumb people who do nothing of serving of helping other people and giving back.

People are not serving - everywhere and don't contribute to people. They like to post good things really yeah. You dumb money hunters - non-helpers.

You see people like to enjoy themselves and act all great but where do you help.

No other question really matters but where do you help. You can keep chasing toys and money.

Toys and money that what everyone want. Yes, yes, yes.

More toys for me, more money for me, more house for me, more holiday for me

Where do you give and help other people. Make a difference. Your funny sort of toys is all rubbish and garbage.

Helping other

People Helping

other people

Helping other

people

No toy
matters. No
house
matters.

No income matters.

Pure serving, supporting people, to help and contribute is everything.

What matters to you and how much you give is the success and secret. People don't take actions. That why they don't move forward.

No action - Nothing.

I cannot let my feeling get the better of me.

Helping other people and serving there is nothing higher than that. If I don't take my actions now I never will. I need time to just put towards my dreams and desires.

What I need to do I spend time focussing on what I want to do. My dreams and desires

Let everyone gossip be non-helpers and fool around.

My time is now to focus and really achieve it. I know I am doing the right thing and I need to just focus on my dreams & desires.

Paul Dorrington - Karen Meechan is still my motivation.

I need to focus on myself to achieve more - studying/learning is the key.

Christopher Liam Rose Books

- 1.Christopher Rose Life Story
- 2.Be What You Want To Be
- 3.The 15 Successful Habits
- 4.Selfless
- 5.Anointing
- 6.Life Purpose
- 7.Helping Other People
- 8.Giving Without Receiving
- 9.Fulfilment
10. Learn
11. It Is Not the Problems That Make You Who
 You Are, It Is The Person You Become That Make
 You Who You Are
12. The Evangelism Ministry
13. Learning Is a Part Of Living
14. The Self Is the Problem
15. I Don't Want
16. No Self
17. Miracles
18. Christopher Liam Rose Journal 2015 - 2016

19. (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017
20. Losing, Sacrificing, Suffering
21. Observation
22. Christopher Liam Rose Testimony
23. SGR BOOKS - Christopher Liam Rose Music Discography
24. Christopher Liam Rose Journal 2018 -2019
25. Christopher Rose Life Story (Part 2)
26. Christopher Liam Rose Life Story (Biography)
27. Imperfection To Perfection (Representation)

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Christopher Liam Rose

Music -

<https://christopherliamrosemusic.com/>

Christopher Liam Rose Journal -

<http://christopherliamrosejournal.com/>